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Thursday, September 6, 2012
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Expenses up for scrutiny

Reaction. Taxpayer watchdog applauds premier's decision to disclose government expense claims online

Premier Alison Redford says Alberta's new method of reporting travel and expense claims will make it easy for the public to keep an eye on her government.

Travel, accommodation, meal and hospitality expenses for all members of the government caucus — as well as officials paid directly by the government and executive managers in the Alberta Public Service — will be posted online and be accessible to any member of the public, starting Oct. 1.

Redford says the change will allow Alberta to lead the country with respect to online disclosure of expenses.

Frequency

2

Premier Alison Redford says expenses will be posted every two months.

"There are times that people feel policies are good enough and we're not a government that believes that good enough ... is good enough," Redford said Wednesday in Calgary.

The Progressive Conservative government ordered the review after two senior health executives quit over lavish claims worth $346,000.

Allaudin Merali resigned a month ago as chief financial officer of Alberta Health Services over his expense claims when he worked for the now-defunct Capital Health Region.

The claims filed between 2005 and 2009 included expensive restaurant meals, maintenance for his Mercedes and international trips.

The Canadian Taxpayers Federation praised Redford's decision, saying she was carrying through on a promise she made during the Tory leadership race.

"Ms. Redford committed ... that if she was elected leader and premier, she would follow the City of Toronto's lead and require all MLAs and cabinet to put their itemized expenses, including receipts, online," said director Scott Hennig.

"She's gone even further today, and we couldn't be more pleased."

Hennig said universities, school boards, health authorities and other organizations that spend taxpayers' money might want to follow suit: "Otherwise they are going to start facing increased scrutiny on their expenses."

The premier said expenses will be posted every two months. **THE CANADIAN PRESS**

Premier Alison Redford announces a new provincial policy on disclosing expense claims in Calgary on Wednesday while Service Alberta Minister Manmeet Bhullar looks on. ROBSON FLETCHER/METRO

Cancer-scam suspect hunt

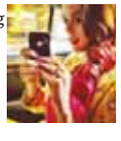
Alberta-wide warrants have been issued for a 28-year-old suspect who allegedly lied about having cancer and collected thousands of dollars from friends PAGE 3

PQ targeted?

Fishing retreat owner is the sole suspect in Tuesday night's victory party shooting, as police consider the possibility that premier-designate Pauline Marois was the shooter's target PAGE 12

A model for social media

Queen of posing @cocorocha also rules Twitter, Google Plus and Instagram PAGE 36



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Warrants issued after alleged cancer scam

'They gave him money and it's gone'. Police believe suspect has fled and donations won't be recovered

KATIE TURNER
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Police are on the hunt for a man who allegedly lied about having cancer and collected thousands from friends, but the suspect's former girlfriend said it's not the money she's concerned about.

Const. Martin West said Alberta-wide warrants have been issued for Kristopher Nicholas Cook, 28, following a fundraiser held in July 2011.

Cook allegedly held a silent auction under the premise it was to raise funds for cancer treatment. The venue was provided free of charge and guests paid a total of $7,500 for various donated items.

"Following the event, attendees became skeptical that the man was using these funds for cancer treatment, or that (he) had ever been diagnosed with cancer at all," said West. "Some of these funds were donated in straight cash, others were donated in gifts. We believe, as I said, that Mr. Cook has fled the jurisdiction, so at this point it doesn't appear likely that we'll be able to recover any of those funds."

Cook's former girlfriend Hayley Muir initially alerted the police to the scam last month after conducting her own investigation while living with Cook.

Muir said she and many of their friends realized Cook hadn't been using the funds raised to cover the cost of his cancer treatments in the months following the event.

"I think for some people, the money is what makes them angry, but I think for those of us that were closest to him, it's more the idea that he wasn't really a real person," said Muir. "Most people have made peace with the fact that they gave him money and it's gone."

Follow Katie Turner on Twitter @Metro_Katie

Quoted

> "Following the event, attendees became skeptical that the man was using these funds for cancer treatment, or that (he) had ever been diagnosed with cancer at all."
>
> Const. Martin West

Const. Martin West of the economic crimes unit speaks to media after the issuing of warrants for the arrest of Kristopher Nicholas Cook, inset, who is alleged to have lied about having cancer to raise money.

KATIE TURNER/ METRO; INSET COURTESY OF CALGARY POLICE SERVICE

Two counts of fraud

- Cook has been charged with two counts of fraud over $5,000.
- He's described as Caucasian, five-foot-eight, 140 pounds with brown eyes, brown hair and a receding hairline.
- Police are asking those with information to contact Crime Stoppers at 1-800-222-8477.

1 NEWS

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Labour Day

Enforcement push yields most tickets in years

Lead-footed and texting motorists were a common sight on Alberta highways over the Labour Day long weekend.

In fact, the slightly more than 5,000 tickets handed out to drivers for a variety of offences over the three-day period were the most in at least four years, according to Patrick Mears, spokesman for Alberta's Justice Department.

RCMP staff Sgt. Jamie Johnston said that the number of tickets may not be indicative of a rise in bad driver behaviour, but instead a focus on increased officer presence.

"Every member we have that's available will be out there on a long weekend," Johnston said. "Our data analysis has shown that's a time when there is greater risk."

This weekend also marked the first for tougher, three-day suspensions for motorists with a blood-alcohol reading between .05 and .08. Figures on how many Albertans were forced to go a few days without their automobiles won't be available for a few weeks, Mears said.

RCMP members did lay 50 impaired-driving Criminal Code charges and recorded 81 other alcohol-related violations.

But the most common violation, as usual, was speeding, which accounted for about 80 per cent of all tickets laid.

RCMP members weren't the only ones busy over the weekend either, as Calgary police inspected 1,520 vehicles at put-in and come-out spots along city waterways after expressing concerns last week about impaired boaters.

Police laid four impaired driving charges during the weekend blitz and six road-side suspensions.

JEREMY NOLAIS/METRO

Police issued more than 5,000 tickets over the weekend. METRO FILE

Charges laid in shooting death at Dover gathering

Second-degree murder charge.
Accused was ejected from house, returned and opened fire: Police

JEREMY NOLAIS
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Police say the man charged Wednesday in a northeast Calgary shooting death was ejected from a gathering where it's suspected drugs were being ingested, returned less than an hour later with a gun and opened fire.

The incident, which occurred around 6:30 a.m. Friday in the 100 block of Dover Meadow Close S.E., claimed the life of 27-year-old Amy Sands, family members have confirmed.

Investigators arrested the accused, identified as 26-year-old Jesse George Hill, Tuesday and laid a second-degree murder charge Wednesday.

Police staff Sgt. Grant Miller said Sands was an acquaintance of the accused but did not appear to be the intended target in the shooting.

"He (Hill) was upset about being ejected, shots were fired, our victim didn't appear to be involved in the confrontation," said Sgt. Grant Miller.

Sands had been associating with the wrong crowd and living a high-risk lifestyle in recent years, according to her father Ed Sands, who serves as a councillor in Okotoks.

Reached Wednesday at home, he fought off tears and expressed hope that some good would come of his daughter's tragic death.

"The wheel of justice appears to be turning," said Sands. "We have seen comments from people who have been able to talk with their children when reading articles about this to say, 'Do you understand what goes on here? Do you understand why we care about you?' Maybe that's a positive step."

Investigation

- Police say eight people were inside the Dover home when shots rang out early Friday, but investigators said only half of them have come forward.
- The accused, Jesse George Hill, is scheduled to appear in Calgary provincial court on Thursday.

Amy Sands, the victim of a shooting in Calgary's Dover neighbourhood Friday, is seen in two photos from different periods of her life. In recent years, the 27-year-old had been living a high-risk lifestyle, her father said. CONTRIBUTED

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A civic committee has pushed forward a plan to continue searching for roughly $8.7 million to install public art — such as the Famous Five sculpture in Olympic Plaza — along the new west LRT line.
FILE PHOTO

West LRT public-art plan survives contentious vote

Still to be decided.
After a close vote at committee, the matter will now go forward to city council

ROBSON FLETCHER
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A civic committee narrowly affirmed its commitment to public art on Wednesday and endorsed a plan to continue searching for an extra $5.1 million to beautify the new west LRT line.

By a 4-3 vote, the community and protective services committee agreed to advance administration's plan to a future full meeting of council for consideration.

The issue arose earlier this year after it was discovered that roughly $8.7 million — funds required under an eight-year-old city policy devoting one per cent of construction costs to public art — wasn't actually budgeted for west LRT art.

Since then, administration has come up with about $3.6 million in "found money" from more than two dozen other capital projects, and wants to continue searching for the balance of funds.

But several aldermen disagree with that idea.

"We're taking funds from all over the city — 26 different projects — to fulfil the one project, and I don't think that's fair to the rest of the citizens of Calgary," said Ald. Shane Keating, who voted against the plan.

Ald. John Mar, whose ward includes much of the west LRT line, believes the existing one per cent policy should be respected but was open to having some of the west LRT art funds directed elsewhere.

Ald. Richard Pootmans has a similar view and said he plans to lobby to have a portion of the $8.6 million go towards art in other parts of the city.

Crime. Man charged in robberies and sex assault

Police have charged a Calgary man following five recent cases of sexual assault and robbery.

Alim Mehboob Manji, 22, is facing 17 offences including one count of sexual assault, one count of carrying a concealed weapon and five counts of robbery.

Investigators say the accused is believed to have been involved in multiple incidents, including one on Aug. 7 when a man knocked on the door of a northeast home and asked a woman for a ride before robbing her at knifepoint.

"I wouldn't say it's unique, but what I would say is everybody has to be vigilant who you open your door to," said Staff Sgt. Frank Farkas.

The latest incident took place on Sept. 2 when a victim had parked outside a business at 2315 68 Street N.E. to text a friend when a man entered her vehicle.

He allegedly robbed her, taking cash and jewelry, and touched her inappropriately before she screamed and he fled.

Farkas said that in several of the incidents the suspect robbed his victims at knifepoint.

"We're always concerned when anyone produces a knife.... What are they prepared to do with that weapon?" he said.

Manji is expected to appear in court on Thursday.
KATIE TURNER/METRO

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City turns over piece of airport tunnel

Major deadline met.
Calgary Airport Authority can start construction of runway above tunnel

CELESTE DE MUELENAERE
calgary@metronews.ca

Mark Ducey, HSE supervisor for the Airport Trail Underpass, stands in front of the 80-per-cent-complete concrete structure. CELESTE DE MUELENAERE/FOR METRO

The City of Calgary met the first major deadline of its airport tunnel project this week as it turned over a section of the tunnel to the Calgary Airport Authority (CAA).

The turnover will mean CAA can now start construction on the future runway that will lie directly above a section of the tunnel.

"These are commitments that the city made to the airport authority when we negotiated our agreement, and this was one of the fixed dates that they needed to ensure that we didn't slow down work they had to accomplish," said director of transportation infrastructure Gordon Stewart.

On any given day, between 100 and 200 workers are on site working on the 620-metre tunnel structure, pouring 850 cubic metres of concrete per section — 50 sections in total — to create the shell.

"We're working one step at a time. It's a lot of work but we have a good team working on it," Stewart said, adding that the tunnel shell is 80 per cent complete.

Work on the project will now be concentrated within the tunnel, thus making it not "quite as weather dependent as when we started," Stewart said.

He said the $294.8-million project remains on schedule and on budget, with the next section handover to CAA planned for Oct. 31.

The project is expected to be complete by May 2014.

Airport Trail Tunnel

- The tunnel is 620 metres long and will accommodate six lanes of traffic.
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Hawkwood. Pit bull Tasered after dog attack

Officers Tasered a pit bull in the community of Hawkwood Tuesday after police say a man and his dog were attacked.

Duty Insp. Paul Stacey said officers received reports of a man being attacked by two dogs while walking on the 100 block of Hawkwood Way NW, but they realized once on site that the man's dog, a boxer-bloodhound cross, was the subject of the attack.

"What it looks like is the German shepherd and the pit bull were attacking another dog, and this guy was trying to break it up with a stick but he got bit," said Stacey.

"We wound up Tasering the pit bull."

KATIE TURNER/METRO

Aftermath

- Duty Insp. Paul Stacey said the man sustained minor wounds.
- The pit bull was taken to Animal and Bylaw Services and the boxer-bloodhound cross was taken to the veterinarian for treatment.

Court ruling

City chicken bylaw a hard egg to crack

A provincial court judge ruled against a Calgary man's petition opposing the city's responsible pet-ownership bylaw, which prohibits Calgarians from keeping hens in their backyards.

Paul Hughes has been actively fighting against the bylaw since he was forced to give away the six hens that lived in his urban backyard and provided him with eggs earlier this year.

Hughes said he is disappointed in the judge's decision and that the ruling affects his right to decide what food he eats. Hughes added that he plans to appeal the ruling as soon as possible.

METRO

Violent weekend incidents coincidental: Criminologist

Police tape surrounds a home in the southwest where a man was found dead on Monday. Members of the Calgary Police Service's homicide unit are investigating. JEREMY NOLAIS/METRO

Analysis. Series of serious crimes attributed more to bad luck than an underlying social cause

ROBSON FLETCHER
robson.fletcher@metronews.ca

The spate of homicides and violent crime over the long weekend is not indicative of any trend and more attributable to mere coincidence, according to police and a local criminologist.

From Friday to Monday, Calgary recorded at least two homicides and possibly a third (pending an autopsy result), as well as a home invasion and a sexual assault on a woman as she sat in her car texting.

A concentration of serious crime in a short period of time may seem alarming, but it is not out of the ordinary for a city of Calgary's size, according to Roland Lahaye of the Mount Royal University justice-studies department.

"It may come together like this for no particular reason at all except coincidence," he said.

"On a coincidental basis, that could happen any year. Calgary has had a rash of things like that and then it goes quiet."

Police Staff Sgt. Grant Miller said the spate of weekend incidents is "hard to explain" but he sees no cause for citizens to be worried.

"For a city of more than a million people, I think we're still a very safe city," Miller said.

Quoted

"Crime is sometimes hard to predict. We just have to be ready when it happens and able to respond."

Calgary police Staff Sgt. Grant Miller

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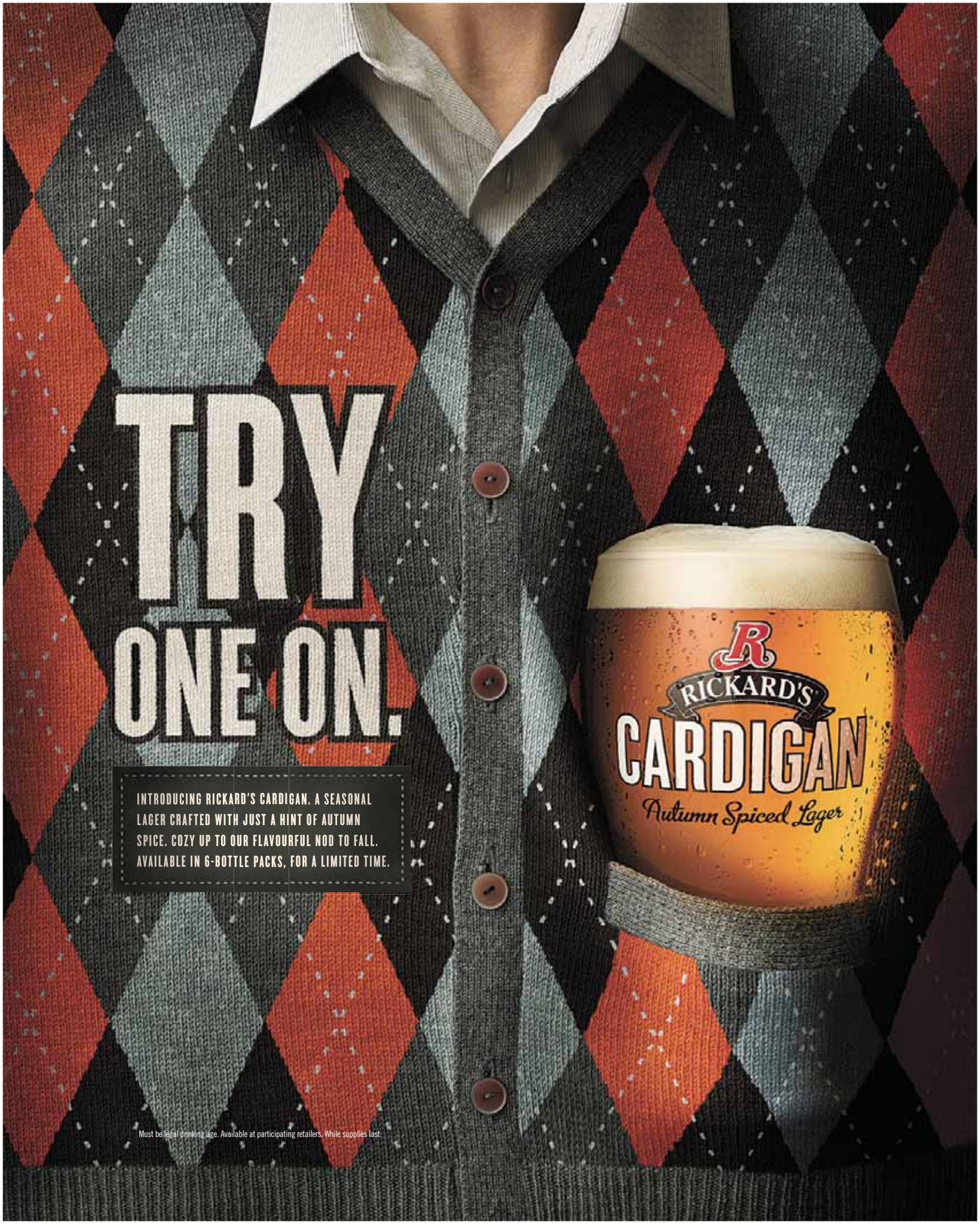
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Jean Charest gets teary as he announces his resignation on Wednesday.
JACQUES BOISSINOT/THE CANADIAN PRESS

Ministers in tears as Charest calls it quits

Jean Charest is ending a stormy 28-year political career — including the last nine years as Quebec premier.

Charest, a staunch federalist who served as federal Progressive Conservative leader before becoming Quebec Liberal leader in 1998, spent a good part of his announcement in Quebec City Wednesday praising Canada.

"We are all blessed to have been born in this country," said Charest, 54.

But the longtime premier also hailed Quebecers, who elected him premier in 2003, 2007 and 2008.

"We are a people of dreamers but also builders," he said.

Charest presided over one last cabinet meeting Wednesday afternoon. Several ministers were in tears as they emerged.

Standing in front of six Quebec flags at the provincial legislature, Charest said he would step down as party leader as soon the PQ officially formed its government.

"The big Quebec family gathered yesterday, Sept. 4, to choose a new government," Charest said.

"Amid that decision my immediate family also met for a consultation on our future. I announce to you a unanimous decision."

THE CANADIAN PRESS

Was Marois the target in fatal gun attack?

Charges pending. Panic ended the election euphoria as Quebec premier-elect was dragged off the stage to safety

Quebec premier-elect Pauline Marois leaves a news conference followed by a bodyguard on Wednesday. "Never, never will I accept that Quebec is associated with violence," she declared.
PAUL CHIASSON/THE CANADIAN PRESS

Charges are expected soon in a shooting that may have targeted Quebec's premier-in-waiting.

The attack at a Parti Québécois victory celebration Tuesday sent shockwaves across Canada.

Police were questioning the only suspect Wednesday.

He was being evaluated at a Montreal hospital and police expect a court arraignment Thursday morning.

Police sources said the suspect is 62-year-old Richard Henry Bain, owner of a fishing retreat north of Montreal.

The gunman was wearing a housecoat and balaclava when he was tackled by police after two people were shot, one of whom died.

Police don't rule out the possibility that premier-designate Pauline Marois was the shooter's target.

While he was being taken away into a police vehicle, the suspect shouted an expletive and spoke of an awakening of English-speaking Quebecers.

Marois pleaded for calm Wednesday: "Never, never will I accept that Quebec is associated with violence."

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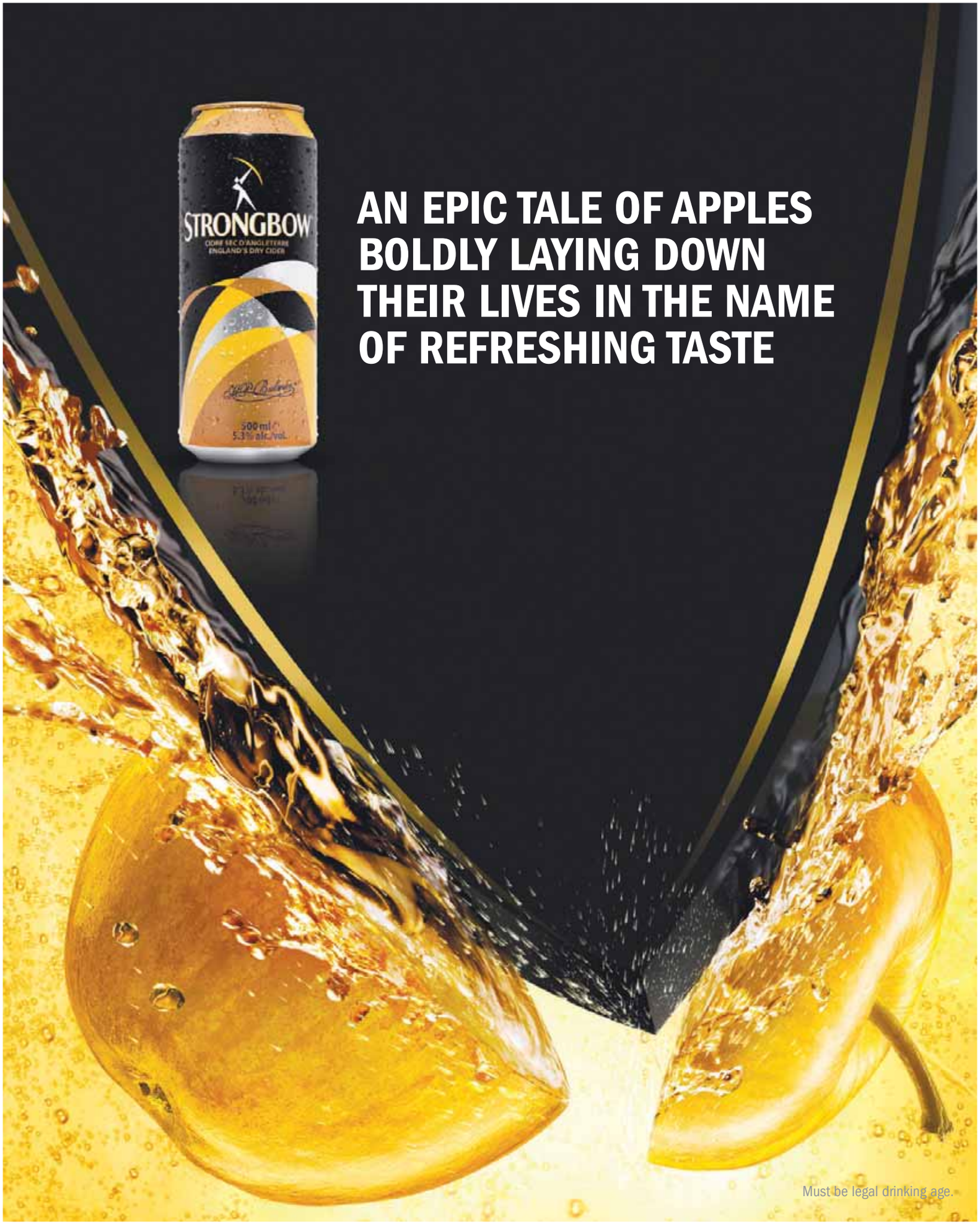
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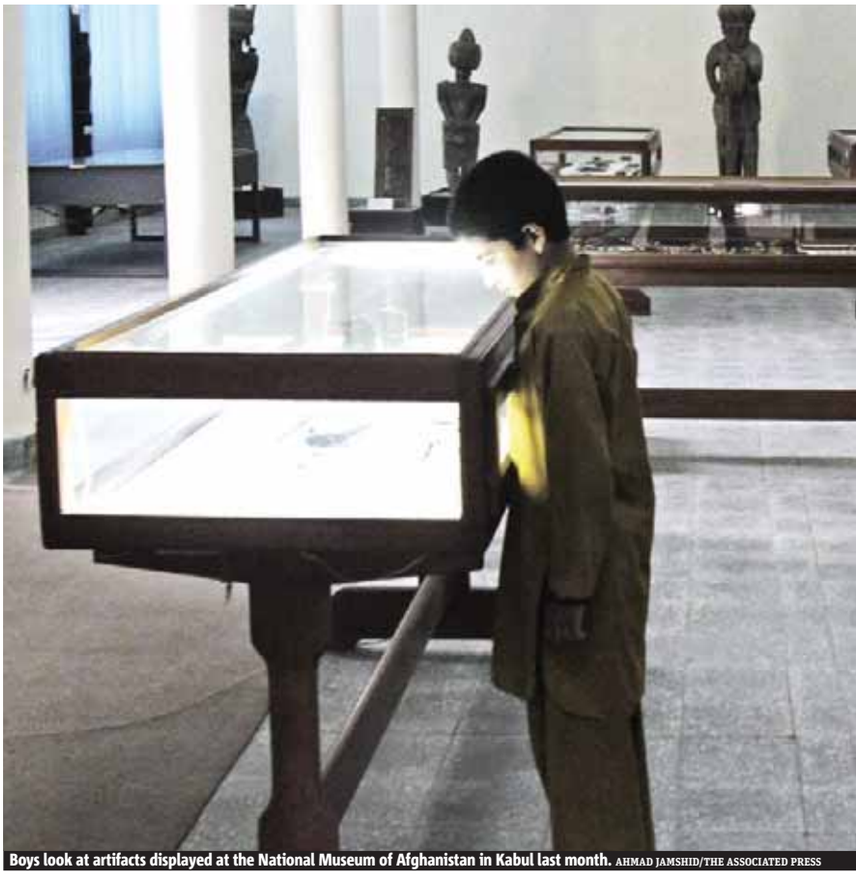


Boys look at artifacts displayed at the National Museum of Afghanistan in Kabul last month. AHMAD JAMSHID/THE ASSOCIATED PRESS

Looted artifacts' return helps rebuild Afghan museum

Weathering war. National museum overcomes decades of hardship to restore facility to pre-war reputation as one of region's finest

Right down to the power cuts that frequently plunge its artifacts into shadow, the National Museum of Afghanistan is a symbol of the country's decades of hardships. Its building was shelled, looted and caught fire during the civil war in the 1990s. Taliban extremists later smashed many centuries-old statues.

Now, the museum is slowly rebuilding, thanks to international efforts to return thousands of looted treasures — and to heroic Afghan staff members who hid its most priceless works during the war years and kept the secret for more than a decade.

The museum welcomed home nearly 850 Afghan artifacts in early August — including a 3,000-year-old Bronze Age axe, a first-century ivory elephant carving and a life-sized Buddha statue — that were either stolen from the museum or illegally excavated during decades of insecurity.

The museum welcomed home 850 Afghan artifacts in August. AHMAD JAMSHID/THE ASSOCIATED PRESS

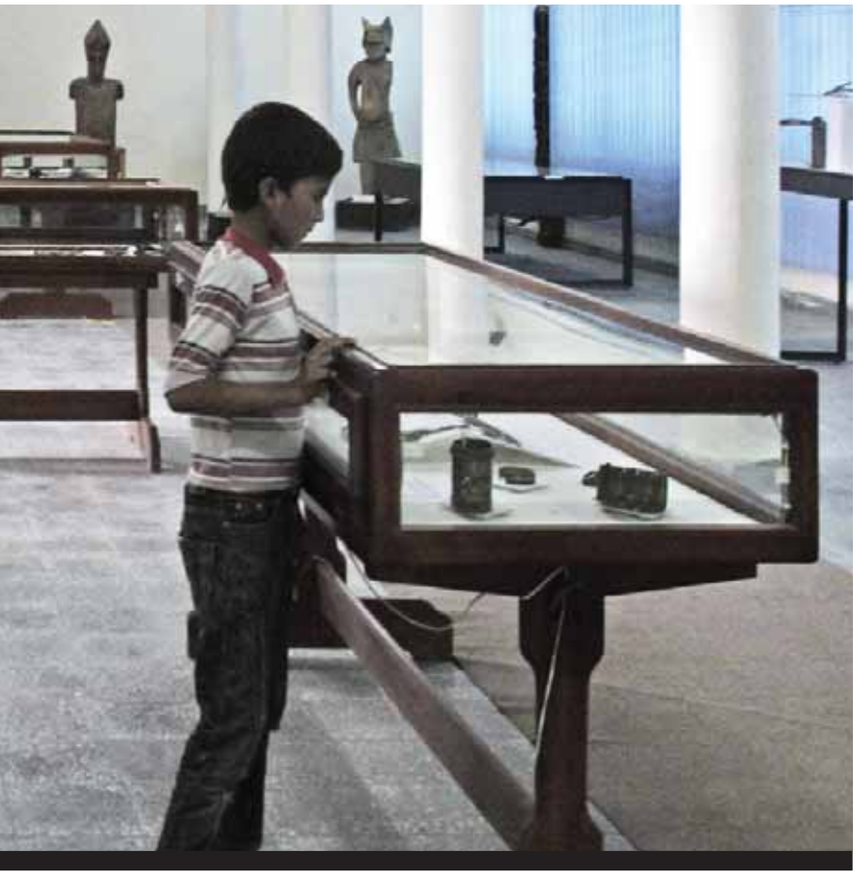
The British Museum catalogued and helped return the pieces in co-operation with British authorities, who seized many from smugglers. It was the second major handover of Afghan historical pieces by the British Museum. In 2009, about 1,500 historical pieces were returned.

The aim is to restore the facility to its pre-war reputation as one of the finest in the region, with displays ranging from the Bronze Age to more contemporary Islamic art.

The museum's latest acquisition is a Buddha statue estimated at about 1,700 years old. Looted from the museum during the civil war that followed the Soviet occupation, the statue turned up in Japan in a private collection before it was bought by an anonymous donor who arranged for the return to its Afghan home.

In 2001, the Taliban dynamited a pair of giant Buddhas carved into a mountain in Bamiyan province. Around the same time, the Taliban also rampaged through the national museum, smashing any art depicting the human form, considered idolatrous under their hardline interpretation of Islam. In all, they destroyed about 2,500 statues.

THE ASSOCIATED PRESS



A worker examines artifacts handed over to the National Museum of Afghanistan in Kabul. MUSADEQ SADEQ/THE ASSOCIATED PRESS FILE

Hidden treasure

The National Museum was once renowned for having one of the region's finest collections, with some 100,000 artifacts.

- But after Soviet troops withdrew from Afghanistan in 1989, museum workers became increasingly concerned as the country deteriorated into civil war.
- So, in 1989, several staff members packed up some of the museum's most treasured pieces — including the legendary "Bactrian gold," an intricate collection of tens of thousands of gold and silver coins, crowns and jewelry more than 2,000 years old — and hid them in two locations in Kabul, one of them a secret vault under Kabul's central bank.
- The pieces remained hidden until 2003, when their existence was revealed. Now the Bactrian gold and other rescued artifacts are on a tour of museums around the world, having already been displayed in New York, Paris and London.

Probe.
Soldiers fired over insider attacks

Afghan authorities have detained or removed hundreds of soldiers in an investigation into rising insider attacks against international service personnel who are their supposed partners in the fight against Taliban insurgents and other militants, officials said Wednesday.

The crackdown is the result of the Afghan Defence Ministry's effort to re-evaluate soldiers to stem the attacks, which are complicating plans to train Afghan forces so that most foreign troops can withdraw from the country by the end of 2014. President Hamid Karzai's government hopes Afghan forces can take responsibility for security nationwide by that time.

The U.S. military is taking precautionary measures and recently stopped training about 1,000 members of the Afghan Local Police, a controversial network of village-defence units that is growing but remains a fraction of the country's army and police force. Karzai has expressed concern that without careful vetting, the program could end up arming local troublemakers, strongmen or criminals.

THE ASSOCIATED PRESS

The artist as a young stripper?

Top New York court to rule. Nite Moves strip club claims its lap dances are a form of art

No one would confuse the Nite Moves strip club with the Bolshoi Ballet, but what the lap dancers do there is art and entitled to the same tax exemption other performances enjoy, a lawyer argued Wednesday in what was surely one of the racier tax cases ever to go before New York's highest court.

W. Andrew McCullough, an attorney for the suburban Albany strip joint, told the Court of Appeals that admission fees and lap dances at the club should be freed of state sales taxes under an exemption that applies to "dramatic or musical arts performances."

He said that lap dancing is an art form and that, in any case, the state is not qualified to make such determinations, and that making such distinctions would be a violation of the constitutional right to freedom of expression.

A lawyer for the state rejected that analysis, and authorities are demanding about $400,000 in back taxes from the club.

A ruling is expected next month, with possible consequences for the estimated 150 to 200 adult nightclubs in the state.

During Wednesday's arguments from the club's lawyer, a skeptical Judge Eugene Pigott Jr. said the women are hired untrained and simply "do what they do." THE ASSOCIATED PRESS

The 10,000-hours theory?

"It's definitely a form of art. Some girls are up there practising for hours when nobody's in here.

A dancer at Nite Moves, where there was only one customer at the time. She declined to give her name.

Waiting to digest. X-ray proves man ate diamond

A man visiting a gem exhibition in Sri Lanka's capital swallowed a 1.5-carat diamond in front of the owner and was taken by police to a hospital, where an X-ray showed the $13,000 stone inside him.

Exhibitor Suresh Wijekoon said the man was behaving suspiciously at his stalls and when he reached closer to the suspect, the man suddenly swallowed the diamond at his hand before Suresh alerted police at the exhibition venue.

Chou Wan, a 32-year-old from China, is in custody pending further investigation, police spokesman Ajith Rohana said.

An X-ray proved the diamond was inside Chou's body, said hospital director Dr. Anil Jasinghe at Colombo National, where the suspect was taken. THE ASSOCIATED PRESS

Gem exhibition

- Sri Lanka does not mine diamonds but is renowned for other highly treasured gems.
- Facets Sri Lanka 2012 is the island nation's annual largest gem and jewelry exhibition and it attracts a large number of local and foreign buyers.

Serious injury

Czech zookeeper hurt by hippo

A zookeeper in the Czech Republic was rushed to hospital by helicopter after being seriously injured by a pygmy hippopotamus Wednesday. An official said the woman was being treated in an intensive-care unit. THE ASSOCIATED PRESS

'Die Hard' policeman

Traffic cop thinks he's Bruce Willis

A South Korean traffic cop who arrested a drug suspect after clinging to the windshield and roof of the car for 25 minutes has gotten a promotion and is being called the "Die Hard policeman" by local media. THE ASSOCIATED PRESS

Protester nabbed bear-handed

A police officer detains a Greenpeace activist dressed as a polar bear outside Gazprom's headquarters in Moscow on Wednesday. Russian and international environmentalists are protesting against Gazprom's plans to pioneer oil drilling in the Arctic. MISHA JAPARIDZE/THE ASSOCIATED PRESS

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Clinton delivers resounding Obama endorsement

DNC. Former president cites current leader's resilience in tough times, backing his Democratic nomination

Bill Clinton made an impassioned defence of U.S. President Barack Obama on Wednesday, telling Americans in a hotly anticipated prime-time address to cast their ballots in November for the "man who is cool on the outside but who burns for America on the inside."

In a speech to ecstatic Democrats, Clinton said that the politician with whom he's famously had a chilly relationship also deserves re-election for having "the good sense to marry Michelle Obama."

The former president's hard-hitting speech not only took dead aim at Republicans, but also painted Obama as a man who engenders irrational, unseemly hatred from his political foes on the other side of the aisle despite his generous attempts to reach out to them.

Former president

"He put a floor under the crash, he began the long, hard road to recovery."

Former U.S. president Bill Clinton

"Heck, he even appointed Hillary!" he said to laughter of his wife, Secretary of State Hillary Clinton, and Obama's one-time bitter rival for the Democratic presidential nomination.

Clinton also sounded the alarm about Republican policies and promises.

"In Tampa, the Republican argument against the president's re-election was pretty simple: 'We left him a total mess, he hasn't finished cleaning it up yet, so fire him and put us back in,'" Clinton said as Obama waited in the wings to join him on stage.

The argument for Obama's re-election makes far more sense, Clinton argued.

"He inherited a deeply damaged economy, he put a floor under the crash, he began the long, hard road to recovery, he laid the foundation for a more modern, more well-balanced economy."

Americans now need to ask themselves what kind of country they want to live in, the former president added.

"If you want a you're-on-your-own, winner-take-all society, you should support the Republican ticket. If you want a country of shared prosperity and shared responsibility — a we're-all-in-this-together society — you should vote for Barack Obama and Joe Biden."

Obama strode onto the stage at the Charlotte, N.C., venue after Clinton's speech to embrace him.

THE ASSOCIATED PRESS

U.S. President Barack Obama joins former president Bill Clinton on stage during the Democratic National Convention in Charlotte, N.C., on Wednesday. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

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Top tips for landing greater salaries and pay raises

When stating your salary expectations, name a wide range. For example, "I know positions at this level usually pay between $50k and $70k, and given my level of experience, I would fall in the higher end of that range. However, this depends on numerous factors about the role. Can we discuss those?"

Define why you should be higher up in that salary range. This is where you bring up previous achievements and how they indicate the levels of success you can reach for your employer. You need to show that you bring greater value to the company than other candidates.

Think outside the paycheque. Remember you are negotiating for a total compensation package, not just your base pay. Receiving perks such as increased vacation time, flexible scheduling, or the ability to telecommute can have a bigger impact on the quality of your working life than a few extra dollars.

The biggest mistake on a resume (and how to create a masterpiece)

There are five common mistakes that people make when preparing their resumes, and most of these stem from the one Biggest Mistake. And this is what prevents you from creating the masterpiece that lands you the job.

Once upon a time (maybe) it seemed that we could just write a resume, or get a friend who's a better writer than us to write our resume. Then, having finished this masterpiece, you were armed with the perfect document to wow employers across the spectrum of roles that interested you and land your dream job.

I'm not sure if this was ever true, but it certainly isn't now. That finely-tuned resume should actually serve only as a template for the ones you eventually send out.

The biggest mistake on a resume? Using the same one over and over again. Employers can spot a generic application in a nanosecond, and they don't like it. Hiring managers want to see a document that tailors your skills and experience specifically to the job they posted, and demonstrates what you can do for them.

Five other resume mistakes (that generally stem from the Biggest Mistake):

1. Not matching your title to the job: The title of your resume should match the title of the job you are applying to. If your resume has a different title, it looks like you are applying to a different job. Don't make the hiring manager try to guess how your particular career title matches up with the position they are hiring for.

2. Only listing your job titles: Employers know what job descriptions mean. There's little mystery in what an Editor or a Customer Service Representative does. The unique part is what you accomplished in that role. What set you apart?

3. Not tailoring your work history and accomplishments: All of your jobs, community or voluntary work can potentially be relevant if you can highlight how the skills you learned and used benefit your new employer. You have to market your transferable skills to the target company's business needs. Sell your experience.

4. Listing too many jobs: It is also possible to list too many on a resume. Descriptions of irrelevant jobs that you held a decade or more ago will only serve to take up valuable space and water down the good stuff. Keep it recent.

5. Not proofreading: Employers expect you to try hard, pay attention to detail and produce quality work on the job. What does it say to an employer about a candidate who can't even present an error-free document when they are most trying to impress them in order to land the job in the first place? That you're either not that good, or that you don't care that much. Either way, you won't be getting the call for an interview.

The real "masterpiece" resume is the one that speaks to an employer as though it were written personally for them. And that's because it has been.

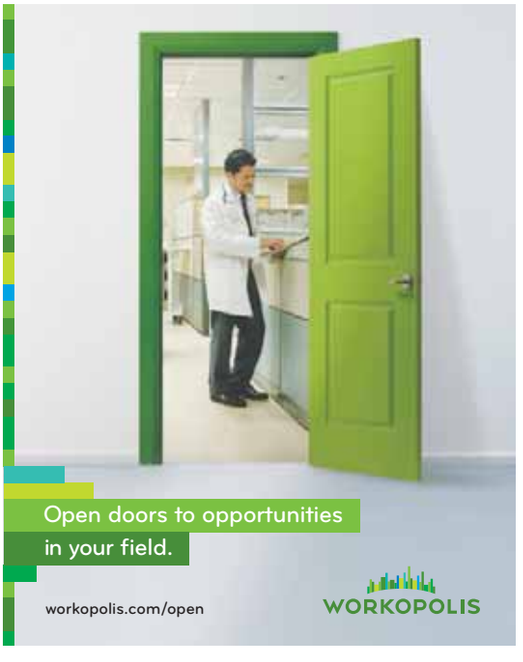
3 job interview questions that matter

You're going to be asked more than three questions in your next job interview. However, they'll all be variations on these three main questions.

1. Can you do the job? (Your skills) Be prepared to show your abilities with examples of how you've applied the required job skills in the past and what you were able to accomplish with them.

2. Will you love the job? (Your motivation) Tell the interviewer why you are passionate about this particular role at this company. They prefer to hire someone who wants to work for them specifically over someone who's just looking for a job. Show how the job fits with your interests and career path.

3. Can we tolerate working with you? (Your fit) Decisions are often made on first impressions. Demonstrate that you understand the industry and your place in it from the start. Dress the part. Look like you belong, but dress up more than usual. Keep your conversation style friendly, confident and positive. (No bad mouthing former employers.)



Charlottetown Harbour Authority CEO Les Parsons said the mess left behind by seagulls at their wharf is three to four times as bad as that of a flock of city pigeons. MATT CARDY/GETTY IMAGES

‘Shoo-er’ hired to rid Charlottetown of seagull stink

Gull cop. Guard with starter pistol will replace replica animals, falconer and threatening noise as new deterrent against seagull roosting

Charlottetown has hired a seagull “shoo-er” in a last-ditch attempt to rescue its lucrative cruise ship industry from a welcome mat of guano.

“Imagine you walk off a ship and you’re walking through an inch or two of bird (poop),” Les Parsons, chief executive officer of the Charlottetown Harbour Authority, told the Torstar News Service on Wednesday.

“Welcome to Charlottetown.”

A thousand noisy, hungry, defecating seagulls at once can congregate at the city’s wharf, close to the island capital’s downtown.

“It’s hard to describe. Without exaggerating, it’s three to four times as bad” as the splattering a flock of city pigeons can leave, said Parsons.

The designated seagull shoo-er will patrol the wharf at night, using a starter pistol to scare away seagulls “in the hundreds” that are attempting to roost on roofs.

“Fall is the worst time of year. Mating season is over, the eggs are hatched and the immature gulls don’t have as much fear as the older ones,” said Parsons.

Fall is also the launch of the busiest time of the cruise season, an industry worth $13 million last year to Prince Edward Island. The Harbour Authority is expecting 18 more ships during 2012.

The remains of several different seagull deterrents dot the wharf: a fake fox impaled on a spike, replica alligator heads and owls.

A loudspeaker system that broadcasts a range of threatening sounds every two or three minutes, from a dog’s bark to an eagle’s cry, is still used, but not when ships are in port.

They all work for a while, said Parsons, and then the gulls get wise. The Harbour Authority even tried a falconer with a trained hawk tethered to his arm.

“Either these gulls are stupid or they’re galling.”

Only a human shoo-er is effective in preventing determined roosting, although it’s an expensive option the Harbour Authority saves for a crisis.

The gull cop, hired through a security firm, will be paid $12 to $13 an hour throughout the season.

“It’s not physically demanding work, but it can get boring,” Parsons said.

TORSTAR NEWS SERVICE

Breakaway Amish group. Hair-cutting left residents screaming, sheriff says

The sheriff in a county with one of the United States' biggest Amish settlements testified Wednesday that residents were upset and screaming after a community leader had his beard and hair cut by fellow followers of the highly traditional religion in a nighttime home invasion.

"There was a lot of screaming and yelling," Holmes County Sheriff Timothy Zimmerly testified in the federal trial of 16 defendants in the attacks last year in Ohio.

Zimmerly said he went to the home of an Amish bishop after the attack and found his hair unevenly chopped to the scalp, leaving it bloody.

"There was a lot of hair laying on the floor," he testified as Amish watched from the public gallery, the women wearing white bonnets, the men wearing jeans and suspenders. "They were excited, very upset."

The defence has tried to portray the attacks as internal church disciplinary matters, not a religion-based hate crime as prosecutors contend.

Attorneys for the defendants have not denied that the hair-cuttings took place and said in opening statements that members of a breakaway group took action out of compassion and concern that some Amish were straying from their beliefs.

Those accused of planning and taking part in the attacks targeted the hair and beards of Amish bishops because of its spiritual significance in the faith, prosecutors said. Most Amish men do not shave their beards after marriage, believing it signifies their devotion to God.

THE ASSOCIATED PRESS

Breakaway leader?

Prosecutors allege there were five attacks last year, orchestrated by Sam Mullet Sr.

- Mullet has denied ordering the hair-cutting but said he didn't stop anyone from carrying it out.
- All of the defendants could face lengthy prison terms if convicted on charges that include conspiracy and obstructing justice.

Aurora borealis lights up the north

The northern lights made a spectacular early-morning appearance Wednesday, bursting into the sky over southern Manitoba around 1 a.m. Also known as the aurora borealis, the natural phenomenon makes its way to southern Canada a few times a year.

RON CANTIVEROS/FOR METRO IN WINNIPEG

Senate debate

Argentinians consider lowering voting age to 16

Debate began in Argentina's senate Wednesday on a proposal to lower the voting age from 18 to 16, while another battle heated up over efforts to bring politics into the public schools.

Sen. Anibal Fernandez, who is sponsoring the voting measure, said it's "stupid" to think 16-year-olds aren't mature enough to vote. A hundred years ago, Argentina set the voting age at 18, and Fernandez argued to his fellow senators that people have advanced enough since then to lower the age by two years.

Sen. Gerardo Morales, who leads the senate's largest opposition party, said the Radicals are "clearly in favour of expanding rights" and would support the measure.

Other opposition figures have alleged that giving younger teenagers the vote is an attempt by President Cristina Fernandez de Kirchner to swing the next elections.

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This one was 'wow!' survivor says after earthquake hits

Central America shaken. Roads cracked, power lines fell, shelves tumbled: 'We held on to each other, we kept falling'

People gather outside an office building in San Jose, Costa Rica, to survey damage from an earthquake that rocked a wide swath of Central America on Wednesday. JOSE PABLO PINEDA VIA INSTAGRAM/THE CANADIAN PRESS

"It was incredibly strong. I've felt earthquakes, but this one was 'wow!'"

That was survivor Jairo Zuniga, 27, talking after a powerful, magnitude-7.6 earthquake shook Costa Rica and a wide swath of Central America on Wednesday.

Amid the panic, houses collapsed, highways were blocked and there was at least one death from a heart attack.

The quake briefly triggered a tsunami alert.

Zuniga said everything in his house in the beach town of Cangrejal fell when the quake hit around breakfast time.

"When we felt the earthquake, we held onto each other because we kept falling," said Rosa Pichardo, 45, who was walking on the beach in the town of Samara with her family when the quake hit.

"I've never felt anything like this. We just couldn't stay standing. My feet gave out under me. It was terrible, terrible," she said.

The U.S. Geological Survey said the giant quake was centred about 60 kilometres from the town of Liberia and 140 kilometres west of Costa Rica's capital, San Jose, where frightened people ran into the streets.

The quake was deep — 41 kilometres below the surface. Quakes that occur deeper underground tend to be less damaging.

The last deadly quake to strike Costa Rica was in 2009, when 40 died.

THE ASSOCIATED PRESS

No outdoor speech

Storm fears push Obama inside

Democratic officials are moving U.S. President Barack Obama's convention speech indoors because of the possibility of severe weather on Thursday.

Obama had planned to accept his party's nomination in an outdoor football stadium in Charlotte, N.C.

But forecasters have predicted severe thunderstorms in the 9 to 10 p.m. hour, raising concerns about the safety of supporters, volunteers, staff members and law enforcement.

THE ASSOCIATED PRESS

Storms on horizon

Leslie, Michael churning closer

U.S. forecasters say Leslie has strengthened into the sixth hurricane of the Atlantic season but is still far from land.

Meanwhile, Tropical Storm Michael is gaining strength farther out to sea, but not posing a threat — yet.

THE ASSOCIATED PRESS

Scooter man makes waves

Water, water everywhere ... but that didn't stop this man from navigating his scooter through a waterlogged street after heavy rain fell in Kolkata, India, on Wednesday. The monsoon rains that usually hit India from June to September are crucial for farmers whose crops feed the country's massive population. BIKAS DAS/THE ASSOCIATED PRESS

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In this Aug. 26 picture, a Romanian bride poses with mock kidnappers holding toy weapons at the Triumph Arch in Bucharest, Romania. VADIM GHIRDA/THE ASSOCIATED PRESS

Bride-napping all fun and games in Romanian capital

Customs. Nuptial abductions an increasingly common sight in Balkan city

A limousine screeches to a halt and a bride, resplendent in frothy gown and veil, is hauled outside by her abductors.

It's one of Romania's more colourful customs: bride-napping. And the tradition of snatching the bride from under the nose of groom and guests with the wedding party in full swing is getting bigger, brasher and increasingly common in the Romanian capital, Bucharest, the Balkans' undisputed party town.

Every Saturday night, brides from Bucharest and beyond are dragged away in a mock abduction by friends and driven to a top tourist spot where they are "held hostage" — all the while pouting, dancing and striking provocative poses for the cameras.

Quoted

"Everything was staged and ready in my case. The limousine was waiting for me in front of the restaurant, I was given the 'leave' signal by my friends, and together we came here to have some fun.... Now everyone's thinking what ransom to ask the groom."

25-year-old abducted bride Alisar Dragne

The ransom: A few bottles of whisky or perhaps something more romantic, like a public declaration of love from the abandoned groom. The kidnappers negotiate by phone, working out the details of the payoff. It's all harmless theatrics meant to add a whiff of risqué fun to the nuptials.

Mock abductions of brides are part of marriage ceremonies across the former Soviet Union. In some countries, guests lock up a bride or have her hide in a backroom during celebrations, demanding that the bridegroom delivers a "ransom" — like singing a song, dancing or sometimes paying real money.

In Romania, the custom took off a few years ago when a top football player rented Bucharest's Arch of Triumph, a major monument modelled after its iconic namesake in Paris, and proposed there to his girlfriend. There was no kidnapping involved but the scene stuck in the popular imagination as a symbol of marriage — and soon the monument became a sort of midnight mecca for bride-napping.

THE ASSOCIATED PRESS

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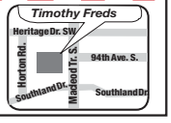

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Romanian brides pose for pictures under the Triumph Arch in Bucharest. VADIM GHIRDA/THE ASSOCIATED PRESS

Legal, schmegal

Letting off steam

This past Saturday, about 20 brides were held hostage at the Arch of Triumph, which was built in 1922 to honour Romanian soldiers who died during World War I and to celebrate the reunification of Transylvania with the rest of Romania.

One bride was driven in from her wedding in a town an hour east of Bucharest with a gaggle of guests in tow. Another grabbed the toy machine-gun of her kidnappers, dressed up as Taliban, and pretending to use it in front of the monument.

Authorities turn a blind eye to the partying under the monument, technically illegal because it's a historic landmark. Motorists cruise around the square honking, waving and cheering. The party is one way for Romanians, frustrated with austerity measures and feuding politicians, to let off steam. THE ASSOCIATED PRESS

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User fees mean good business for Ottawa

Budget watchdog. Revenues from goods, services that feds offer public raked in $8B in 2010-11: Report

The federal government has made much about its record in cutting taxes, but a new report shows it is making out like a bandit on user fees.

Parliamentary Budget Officer Kevin Page's report on user fees shows Ottawa raked in just over $8 billion in the 2010-11 fiscal year.

That represents only a small portion of what it gets from taxes, but it's more than double the $3.4 billion it got from user fees a decade earlier. In fact, the PBO says user fees have been increasing at around nine per cent annually since 2000.

User fees are defined as revenues derived from the sale of goods and services the government offers the public.

That can include publications, rentals of lands, buildings and vehicles, or such things as temporary-resident permits and divorce registrations.

The budget watchdog notes that this is not just an Ottawa trend. User fees are rising at the provincial and municipal levels as well, and around the world as governments seek new revenue streams. THE CANADIAN PRESS

Revenue sources

The PBO says five departments — Industry Canada, the RCMP, the Canada Revenue Agency, Natural Resources and Public Works — account for 70 per cent of total revenues from user fees.

- But user fees are rising at the provincial and municipal levels as well.
- In 2010, provinces collected about $31 billion from services to the public, four times what the feds took in, and municipalities earned roughly $18 billion.

Nokia's Lumia to battle iPhone, Android

Steve Ballmer, left, chairman and CEO of Microsoft, and Stephen Elop, CEO of Nokia, introduce Nokia's newest smartphone, the Lumia 920, equipped with Microsoft's Windows Phone 8, on Wednesday in New York. Nokia revealed that its first smartphones will run the next version of Windows, a big step for a company that has bet its future on an alliance with Microsoft. MARK LENNIHAN/THE ASSOCIATED PRESS

Pew survey

Mobile-app users doubt privacy

More than half of U.S. mobile-app users say they have decided not to use an app on their phone because of concerns over privacy, a study released Wednesday found. THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.92¢ (-0.52¢)

Natural gas: $2.795 US (-5.9¢)
Dow Jones: 13,047.48 (+11.54)

TSX 11,990.14 (+48.44)

OIL $95.36 US (+6¢)

GOLD $1,694 US (-$2)

BoC. Interest rate stays at one per cent

The Bank of Canada is hinting it will need to keep interest rates at super-low levels for a while longer, saying stronger growth isn't in the cards for the country until next year.

As expected, the bank's policy-setting panel headed by governor Mark Carney kept the trendsetting interest rate at one per cent Wednesday morning, the same level it's held for the past two years.

And while Carney left his tightening bias unchanged — meaning the next move will likely be to raise rates — his suggestion that low interest rates are at least partly responsible for keeping Canada's economic head above water in the face of global turbulence hinted at continuing that policy.

But CIBC chief economist Avery Shenfeld said with the trend of growth at about two per cent, the economy is unlikely to make much progress in closing the output gap — the measure of when the economy is running on all cylinders. THE CANADIAN PRESS

Competitiveness survey. Canada's ranking slips to 14

Canada's economic competitiveness on the world stage is being pulled down by — among other things — government handling of the innovation file, says an annual report from the World Economic Forum.

Canada slipped two notches to 14th place in the forum's ranking of global economic competitiveness.

While the survey finds Canada benefits from highly efficient markets and excellent infrastructure, it is "being dragged down by a less favourable assessment of the quality of its research institutions and the government's role in promoting innovation through procurement practices."

The report also notes a "slight" downward trend in Canada's performance in higher education, "driven by lower university enrolment rates and a decline in the extent to which staff is being trained at the workplace." The forum ranks a country's competitiveness according to factors such as the state of its infrastructure and its ability to foster innovation. THE CANADIAN PRESS

Two failures

"Canada fails to commercialize its good ideas into marketable products and services or capture the value from growth."
Daniel Muzyka, Conference Board of Canada president and CEO

China. Samsung in hot seat over alleged worker abuse

Fresh off a billion-dollar loss in a patent fight with rival smartphone maker Apple, embattled Samsung Electronics Co. now finds itself accused by a labour- rights group of mistreating workers in China and illegally using child labour.

The New York based-China Labor Watch said its investigation into workplace conditions at eight factories in China showed some employees were working more than 100 hours per month of overtime and that children were knowingly employed.

China Labor Watch also said their investigation of the six Samsung-owned plants and two suppliers showed that safety measures, such as providing workers with protective clothing, were not followed.

The group also accused Samsung of barring workers from sitting during their shifts and said it had documented instances of physical and verbal abuse.

The South Korean electronics giant responded swiftly to the allegations, acknowledging that poor working conditions may have arisen due to production demands and that a review was to immediately take place.

"When new production lines are completed or new products are launched, high demand has led to overtime work," said spokesman James Chung. THE ASSOCIATED PRESS

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GOOD NEWS TODAY
The presence of God permeates everything! Jesus, the One who loves you more than you can ever imagine, is always by your side. What a great assurance!
(Psalm 139:7-8, I can never escape from Your Spirit! I can never get away from Your Presence! If I go up to heaven, You are there; if I go down to the grave, You are there)
GOODNEWSTODAY.CA

Read metrowork every Monday and Wednesday for tips and trends in education and employment.

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BOILING DOWN AN EDUCATION IN THE SCHOOL OF HARD YUKS

HE SAYS...
John Mazerolle
metronews.ca

It's a well-accepted fact that we go through 12 years of school to remember about 12 minutes of material.

Humorist Stephen Leacock pointed this out almost a century ago, and if he were alive he'd be pleased to see that not much has changed. (He'd probably also be pleased that he lived to be 140.)

For example, here's what I learned during 12 years of math:

1) Long division. I do not remember short division, if there is such a thing.

2) Some people call math maths. This is wrong, even if it's right.

3) Order of operations. This is important, because it allows you to answer skill-testing questions.

4) Though math has been around for thousands of years, educators are always discovering "new math." How it improves on old math, I'm not sure.

Our lack of retention is interesting to think about as people head back to university, and it seems particularly relevant to me because I went to comedy school for two years.

"Can they really teach comedy?" is the question I hear most often, which is fair enough. To answer the question, here is what I retained from two years of comedy school.

- Acting:
  1) Don't act. Just read the lines.
  2) No, read the lines better than that.
  3) You're terrible.
  4) My acting teacher had real, honest-to-goodness conversations with Michael Cera and Keanu Reeves. They are cool people who don't mind having their names dropped.
- Standup:
  1) People who think they're bad at standup are often good at it. People who think they are great at standup are usually terrible.
  2) The only standup comic in the world who enjoys Dane Cook is Dane Cook.
  3) Running over your allotted time is the comedy equivalent of peeing on the toilet seat.
  4) When stuck for an idea, think of anything — anything — other than genitalia. Please. For me.
- Sketch:
  1) When performing a stage show, best not to write a sketch that includes two car chases, an explosion, and the stage direction "A helicopter descends ..."
  2) Rubber chickens ARE funny. Seriously.
  3) Reading jokes from a 1940s joke book is a hilarious break between sketches, particularly if the joke contains the word "haberdashery."
- Improv:
  1) If someone says, "Welcome aboard, captain — shuttle ready for launch," the correct response is not "But this isn't a rocket ship! It's a driving exam!"
  2) When your substitute improv teacher is the Philadelphia Cream Cheese angel, you have chosen the right school.

And that's what you learn at comedy school.

I have condensed eight months of study into 444 words, so if you could send the $5,000 tuition to my address in Toronto, that would be great. With that kind of funding, I'll get that helicopter sketch off the ground in no time.

Think school is a waste of time? You're right. ISTOCK

Taking a bath just beak-ause

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS PHOTOS

South African wildlife

55 penguins covered in oil after spill

An African penguin is washed by staff at the South African Foundation for the Conservation of Coastal Birds, after it was found covered in oil on Robben Island near Cape Town, South Africa, Wednesday.

Around 55 penguins have been found covered in oil from a spill involving the stricken Turkish bulk carrier the Seli One.

The birds are being cleaned and will be returned to the wild after recuperating. THE ASSOCIATED PRESS

A penguin covered in oil sits in the South African Foundation for the Conservation of Coastal Birds.

Waddling away

Oil carrier gets caught in storm

As the Seli One was travelling along the coast of Dolphin Beach, South Africa, on Friday, a storm hit, which led to an oil leak.

So far, 10 cubic metres of oil have been removed. According to news reports, the Department of Environmental Affairs is conducting an aerial surveillance to determine how much oil remains offshore. Operations are expected to cease by Friday. METRO

Area affected

1 km

The oil has spread over one kilometre along the coastline, and runoff continues to pollute the surrounding area.

Metropolitan Panel

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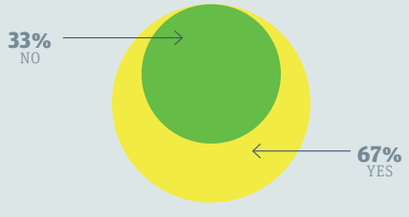

Twitter

@jzfromcalgary: These brakes on the bus sound like a teenage girl when she sees Justin Bieber. #yyc #yyctransit

@escapeaway_: Writing novel while idling in #yyc traffic...

@stevenburkard: the rain today is my fault, I watered my grass last night. sorry #yyc.

@DaisyJ85: Dear Calgary: learn how to merge. Sincerely, sick of 2nd gear on deer-foot. #yyc #idiots

@atlas_grace: Just completed my first @car2go trip... Turns out I'm an excellent parallel parker. All I needed was a #smartcar! #car2go #yyc #downtown

@lights_sounds: Nothing feels better than an comfort of an old sweater. Quite chilly in #yyc

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SCENE 2

Legend of a Warrior explores the relationship between filmmaker Corey Lee and his estranged father, martial arts master Frank Lee. CONTRIBUTED

Father-son documentary a vehicle for reconciliation

Legend of a Warrior.
Producer convinced Lee to tell the real story, not fictionalized version

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

Of all the film projects Corey Lee has worked on during the past 20 years, none have been as emotionally rewarding as his latest endeavour, Legend of a Warrior.

The Calgary filmmaker's first feature documentary centres on the complex relationship between Lee and his father, martial artist Frank Lee.

The elder Lee — who runs a gym in Edmonton — is widely credited for introducing Muay Thai kick-boxing and White Crane kung fu to Canada in the late 1960s. A successful grandmaster, Frank spent much of his time training students in Asia as Corey was growing up.

The two became even more estranged after a teenaged Lee decided not to follow in his father's footsteps and stopped training, eschewing martial arts for movies and music.

"The angst I have about my relationship with my dad is buried in my other work," says Lee. "After I made (my directorial debut) Defining Edward nine years ago, I wrote a script for a dramatic feature where I pulled a lot of stuff from my own life growing up."

Producer Sue Bristow read the script and suggested Lee instead consider making a documentary. "She said, 'You know, maybe the real story here is you and your dad. Like, really you and your dad. Not casting characters as you and your dad,'" he recalls.

Lee admits he wasn't sold on the idea right away, saying he wasn't sure he was ready to expose his personal life and feelings on camera. "The more I thought about it, it dawned on me it might be able to help our relationship," he says.

"Or maybe not. But I thought I could throw myself into it and make an attempt."

In 2008, Lee approached his father with the documentary idea and spent a weekend following him around to fight cards in Edmonton. "That was the most time I've spent with him in 20 years," Lee says.

Although their relationship isn't perfect, Lee says it's far better than it was.

"When we took Legend to the Hot Docs Festival in Toronto (in May), all we did was hang out and do press together," says Lee, who has started martial arts training again.

"I remember thinking that this would never have happened if I hadn't done the film."

Details

- Legend of a Warrior makes its Calgary premiere Friday night at The Plaza Theatre in Kensington. Tickets available at the door.
- Filmmaker Corey Lee will be in attendance for a Q & A session.

On the web

A week before release of anticipated disc, Bob Dylan reopens theatre in NY

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Calgary native behind new 'toon that has mobster moving to Regina

Fugget About It.
New Teletoon At Night series follows life of a Big Apple crime family as they adjust to their new lives under the witness protection plan

SIMON HIATT
saskatoon@metronews.ca

The Falcone family adjusts to life in Regina in the new Teletoon at Night series Fugget About It. HANDOUT

One of organized crime's most notorious figures has taken up residence in Saskatchewan, but residents needn't worry about a rise in criminal activity.

Mobster Jimmy Falcone, formerly of the Gambini crime family, resides in Regina in animated form only.

The new Teletoon original animated series Fugget About It follows Falcone and his family as they transition from New York to witness-protection-plan-enforced life in Regina.

"It's a city full of good-natured, wonderful people," said co-creator Willem Wennekers in a telephone interview.

"And that's a great foil for our mob family's main character, to drop a bunch of hard-nosed New York gangsters among the kindly, salt of the earth people."

The old saying "write what you know" definitely applies to Wennekers. While he may not have any first-hand experience with the mafia, he knows the city the Falcone family is calling home quite well.

The Calgary native studied film and video at the U of R, and lived in the city for seven years before moving to Ontario. He and co-creator Nicholas Tabarrok came up with the idea several years ago and wanted to set the show in Regina from the beginning. "We both realized we're big fans of The Sopranos and movies like The Godfather and Goodfellas and came up with this idea of taking characters like that and putting them in witness protection in Canada," said Wennekers.

An early attempt at an animated demo didn't pan out, but it did attract some high profile interest. The Daily Show with Jon Stewart's Jason Jones, who lent his talents to the demo and returned as a guest voice on the series, is just one of the big names involved. "We're very happy to have him and we're happy to have Alan Thicke and the legendary Andrea Martin as guest voices," said Wennekers.

The duo first approached Teletoon with the show idea in 2009, but it wasn't until the network launched its new At Night programming this year that Fugget About It found a home. And while a long career in television is often about as likely as one in organized crime, production has already begun on Season 2 before the premiere episode has even aired.

"Teletoon is very supportive of the show," said Wennekers. "They seem to really like it and they're letting us run with it for now."

The series premiere of Fugget About It runs at 11 p.m. on Friday, on Teletoon.

Why we love the mob

Wennekers understands why people love a good mobster story: "I think audiences can live vicariously through mobsters because they can do basically whatever they want. They have no regard for the law or social conventions; it's fun to watch people like that onscreen." He's not the only one who thinks so, as three of the top 15 movies of all time as ranked by IMDB users feature mobsters. At No. 15 is Goodfellas, The Godfather Part 2 holds the No. 3 spot and The Godfather comes in at No. 2, beat out only by The Shawshank Redemption.

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There are No Reservations but be sure to PVR Anthony Bourdain's TV show

Travel show. Celebrity chef talks about the evolution of his hit show that has viewers chomping at the bit

AMBER M RAY
Metro World News

Anthony Bourdain is in his last days of vacation. It's not the globetrotting-around-the-world, eating local specialties kind of trip that has gained the no-nonsense chef a cult following on his travel show No Reservations. No, this is a getaway in the Hamptons with his wife and daughter, whom, he says via cell phone, is snuggled up to dad as he answers our questions about his series' ninth and final season.

You're on the road so much for the show. Is this the first vacation you've been able to take in a while?
This is the longest vacation I've ever had. It is a normal vacation; the most time I've ever had with my family. My five-year-old girl Ariane is resting her head on my chest at this moment.

Then we'll keep this short! Did this final season feel like a victory lap, or more like just the end of a chapter, considering you'll be doing another show on CNN?
(It felt like) a victory lap in the sense that we're going out on a high note with a strong season, we're still doing our best work, and the show's still doing well. There was very much the sense with all of us who make the show that it's a chapter ending, but we're pretty much 'all right back to work.'

One of the great things about No Reservations was the way that you documented the areas you travelled to with such authenticity — it was you, exploring a region and culture, through food. And you never shied away from talking about things like war or a nation's struggles. Looking back, how were you able to get such a non-touristy show like this made and then stay on the air for so long?
You know what? I don't really know. It became clear after two years working on a show called A Cook's Tour with Food Network that they liked the show, it was doing pretty well, but they wanted a cheaper version and less foreign travel, but yet the show was very popular abroad. I think it's still running in Asia, Latin America, parts of Europe. So when we left Food Network, there was a desire to find an American network that would fund the show or finance the show intended largely for what we perceived to be for foreign audiences. And I think early on Travel didn't have a lot going on — I mean, they were known for the World Poker Tour shows and not too much else.

And yet, after every episode of No Reservations, viewers are left either wanting to travel to the location or at least learn more about it — which, it seems, is what a successful travel show should do by definition.
I was never looking to do that. I'm happy, very happy, very pleased, very satisfied, when I hear after the fact that a show we made about Vietnam or Spain inspired people to go and that they had a good experience and it changed their worldview; that makes me satisfied.

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Book it

The no-nonsense chef is back for more with his show No Reservations on Travel.

- **Where to find it:** A new season of Anthony Bourdain's No Reservations premieres on Travel+Escape on Wednesday, Oct. 3 at 9 p.m. ET/ 6 p.m. PT.

Anthony Bourdain. HANDOUT

Biggest Loser adds first young teens to this year's cast

Childhood obesity. Youths as young as 13 will join teams trying to shed pounds and win the $250,000 prize money

The Biggest Loser will return in January with the weight-loss show's first young teen participants and trainer Jillian Michaels back on duty.

The show's 14th season will take on a new "mission" against the national increase in childhood obesity, NBC said Tuesday. Youths between the ages of 13 and 17 will join teams trying to shed pounds and get fit.

Unlike adults competing for a $250,000 prize, the teenagers won't be subject to elimination from the show and will not be weighed for the broadcast, NBC said.

The show's producers discussed adding teens at length and are "incredibly sensitive" to safeguarding them, Michaels said.

"It's brave, it's bold and I'm sure it's going to be controversial, and we'll do the best we can to handle it in the most positive and effective way possible," the usually tough-talking fitness expert said.

Quote

"It's brave, it's bold and I'm sure it's going to be controversial."
Jillian Michaels
Speaking about the Biggest Loser.

The goal is to focus on the kids' health rather than their weight, Michaels said, adding, "It's about getting them on the softball team, not into a size four."

According to the Centers for Disease Control, childhood obesity has more than tripled in the past three decades, with about 17 per cent of children and adolescents age 2 to 19 considered obese based on height and weight measurements.

The season's 18 contestants will be divided into six-member teams, each including at least one youngster.

THE ASSOCIATED PRESS

Jillian Michaels returns to the Biggest Loser. HANDOUT

Timberlake, Hanks and Berry added to Stand Up to Cancer

Telethon. Stars coming out to support fight started by Spider-Man producer who lost her seven-year battle with breast cancer

More A-listers have signed on to support the third Stand Up to Cancer telethon and lend their voice to the cause.

Organizers say Tom Hanks, Halle Berry, Justin Timberlake, Sofia Vergara, and Olympic gold medallists Gabrielle Douglas and Missy Franklin will participate in the hour-long TV special.

It is set to air Friday on ABC, CBS, NBC, Fox and more than a dozen cable channels.

The slate of stars announced Wednesday also includes Eric Stonestreet, Ray Romano, Felicity Huffman, Rocco DiSpirito and Maura Tierney.

They'll join previously announced participants such as Julia Roberts, Matt Damon, Michael Douglas, Jessica Biel, Samuel L. Jackson, Jeremy Renner, Seth Rogen, Emma Stone and Gwyneth Paltrow.

Paltrow also is an executive producer of the fundraiser that will be carried commercial-free from 8-9 p.m. EDT from the Shrine Auditorium in Los Angeles.

Taylor Swift, Tim McGraw, Coldplay and Alicia Keys are set to perform during the special, and patients participating in Stand Up to Cancer trials will share their experiences.

Stand Up to Cancer was founded by Spider-Man movie producer Laura Ziskin, who produced its first two telethons in 2008 and 2010. Ziskin lost her seven-year fight against breast cancer last year.

THE ASSOCIATED PRESS

Call and chat

Donate some money and get to talk to some A-list celebrities.

- **Big money.** Stand Up to Cancer has raised more than $180 million for cancer research and awareness since the telethon was established in 2008. The organization said it has awarded grants to seven multidisciplinary research "Dream Teams" and to scientists seeking innovative approaches to end cancer's role as the world's leading cause of death. The telethon features a celebrity phone bank that allows donors who call in to talk with the stars when they make their pledges to the foundation.

Justin Timberlake is one of the latest stars added to the Stand Up to Cancer lineup. GETTY IMAGES

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Career Bear

Do you know...

What careers offer the greatest flexibility for parents?

When you should be looking for a career change?

What schools offer the training you need?

E.L. James, author of Fifty Shades of Grey. CONTRIBUTED

'I really liked being a terrible tease'

Q&A. Metro chats with E.L. James, the woman who started it all

WILKE MARTENS
Metro World News

Writer Erika Leonard, better known as E.L. James, has become a worldwide phenomenon in only a few months. Since her erotic trilogy — Fifty Shades of Grey is the title of the first book — has become a great success, she travels all around the world. We met up with her in the fancy College Hotel in Amsterdam.

The success must be a big surprise?
Surprise? It's a shock! I was especially surprised by the speed with which it travels the world. The contract for mass publication was signed with Random House on March 7, and the first book was already in the shops in the first week of April.

Fifty Shades started out as an online publication. Yet, it has sold 15 million copies worldwide anyhow.
The numbers are staggering. The rights have been sold to 41 countries, the film rights are sold. And all of that happened in only a short period of time. It keeps surprising me.

Everybody talks about the women who are enjoying the books. Do you have any male readers?
More and more men read my books. Sometimes they say things like: 'Thanks a lot for what your books have done to my wife ... wow!' A while ago, a 71-year-old man wrote me to thank me. My books made him remember what it feels like to fall in love. That was so cute.

Aren't men embarrassed to admit they've read your books?
They don't tell me they are. But I am embarrassed when men read it, because I didn't write the books for men.

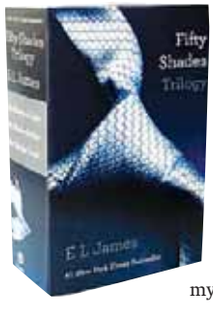
Why is it embarrassing?
Because it's all about fantasies. When you go out with your friends and you discuss things like sex, I feel totally comfortable. But when you're with a group of men ... I don't like to talk about sex when there are men around.

Did you have fantasies because you were writing this story? Or did you start writing because you already had these fantasies?
Good question. I think it was a combination of the two. We've all dreamed of a partner who is so terribly rich that he can buy anything you want. But the kinky sex stuff really was a fantasy. Although, after doing some research it might not be just fantasies.

Is it the kinky sex stuff that made the book so popular?
Partially, I think. There is so much fiction out there with kinky sex in it. People like the sex, but they especially like the passionate love story. It was the love story that held it together for me.

Did you put in all the sex in order to avoid the cliché love story?
Not at all. I started writing with the idea: when you meet someone who is into BDSM (bondage, discipline, sadism and masochism) and you are not up for it, what will happen? I had read some things about BDSM and I thought: 'Ooh, this is hot!' Would I ever do such a thing? My fantasies ran wild.

All three books are true page-turners. Did you write like that on purpose?
It's a coincidence. I started by writing a chapter with the most awful cliff-hanger. Online readers had to wait for another week for the next chapter. Many people responded to that. That was fantastic. I really liked being a terrible tease.



So, what will be next?
I would like to rewrite the first novel I ever wrote. It still needs a lot of work and I'm looking forward to that. But it's impossible to find the time to write at this moment. Besides, I'm exhausted. I'm looking forward to my holidays.

Hollywood

So in the movie, who should play...Christian?

Christian Bale

He has proven he can be the ultimate kinky bad boy in American Psycho. And he's already got the name.

Justin Timberlake

He's brought Sexy Back before.

Alexander Skarsgard

With his intense look and towering physique, Skarsgard has a dominating presence. His interactions with Sookie in the fourth season of True Blood shows us he knows how to be a passionate lover — even though we prefer him mean, harsh and sarcastic.

Daniel Radcliffe

If the versatile actor really wanted to shed the Harry Potter stigma, he should take on this role. He's a bit young to have created his own empire, but after getting naked for the play Equus, he has what it takes.

...and Anastasia?

Katy Perry

She's got that wide-eyed look that makes her seem innocent, despite the fact she's spraying whipped cream out of her boobs.

Anna Gunn

The Breaking Bad star is way too old for the part, but the "hot mother" vibe will make her relatable to the housewives that are obsessed with this series.

Ellen Page

If you ever need an awkward female lead, call on Ellen "Juno" Page.

Mila Kunis

Want to draw in male viewers? Boyfriends will be more than willing to watch.

Kristen Stewart

Anastasia Steele is based on Bella from Twilight. And can you imagine anyone who could deliver flat dialogue with no emotion as well as Kristen Stewart?

Fifty Shades fallout

Trend. What are the long-lasting effects of the best-selling series, now that the buzz has died down?

MICHELLE CASTILLO
Metro World News

With its cheesy bedroom banter, bondage scenarios and detailed explanations of what goes where, Fifty Shades of Grey has gone from a cultural must-read to the played-out book your mother-in-law brought on vacation.

So with the hype fizzing out, what will be the long-lasting impact? For starters, according to experts, expect an era where women can be more open than ever about what they enjoy in the bedroom — often taking charge of the fantasies themselves.

Sarah Forbes, a curator with the Museum of Sex in New York, said that she's observed more women writing erotic fan fiction online (which is how Fifty Shades began, as a Twilight spinoff).

She chalked it up to the fact that women, more than men, need to be stimulated physically and mentally, so for some, writing about sexual daydreams or drawing sensual fan art can be an erotic experience. The success of Fifty Shades legitimized the form.

"For some people, it can just be fun and playful. It can border on their humorous space," Forbes says. "It lets people create a relationship with these icons of our popular culture."

Sex therapist Wendy Maltz points out that society has been "very repressed and uncomfortable" about the topic of sexuality, so fan fiction is a way to lighten the mood. That comfort can open up a discussion about their real-life likes and dislikes.

"There is a lack of healthy direct discussion about sexual issues," Maltz says.

"There is a difference between what the real needs are sexually for men in the general population and the more sensational extreme presentations that come out and are put into the mainstream pop culture and are not representative of real satisfaction to people in the long run."

Quote

"There is a lack of healthy direct discussion about sexual issues."

Wendy Maltz, sex therapist and author of The Porn Trap

Magic Mike. CONTRIBUTED

The magic of Magic Mike and Zumba

Fifty Shades wasn't this year's only sexy hit. Magic Mike, a movie about male strippers, made more than $100 million at the US box office, and Zumba classes, inspired by a sexy Colombian dance, had grannies shaking their hips suggestively.

Talli Rosenbaum, a certified sex therapist and an associate editor of the Journal of Sexual Medicine, said women are seemingly, suddenly left with once choice: embrace this stuff or be left out.

People have forgotten that there's still a large number of people who enjoy "monogamous, vanilla sex," she says. She works with traditional religious populations, and, "I find a great deal of disparity or contradictions in those populations, as well as people who are very exposed to all kinds of images on the Internet and all kinds of things that are not necessarily normative sexual education," she adds.

"They might think that this is what everybody does."

You now have "permission"

The experts we spoke to recommended defining yourself against these media, rather than being defined by them.

Dr. Stephen Snyder, a sex specialist and sex therapist, has seen women being more open to exploring their sexual sides, and says Fifty Shades of Grey has given women "permission" to explore explicit sexual fantasies. The book could even improve your relationship, with a catch: "We'd probably need the men to read it too," he says.

"There's much that men can learn from Christian Grey about what women need, such as for a man to take good care of himself and his surroundings, to express his desire for his partner in words."

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Matt & Kim living straight outta hipsterville

New album. Partners in every way, this musical duo produce dance-punk-pop inspired by the hip-hop around them

MICHELLE CASTILLO
Metro World News

Dance-punk duo and independent music darlings Matt & Kim aren't just partners in their music career: They've been dating since even before their band formed in 2005. Since then they've had several milestones, including their song Daylight being used during an episode of HBO's Entourage and being asked to be the supporting act for Blink-182 and My Chemical Romance during the 2011 Honda Civic Tour. Now, the two are putting out their fourth album called Lightning (out Oct. 2) and gearing up for a six-week tour through the United States and Canada. We caught up with Matt and asked him to tell us what helped inspire the album, and what it was like to record and live in the center of hipsterville, Williamsburg in Brooklyn.

What was the big inspiration for this latest album?
We've always made upbeat music, but I think there's sort of the darker edge that Matt & Kim can have, there's slightly more of it on this album. There's still a share of upbeat songs — everything feels upbeat — but in some of the lyrics there's a slightly different edge. I don't know if that's inspiration, but as always we make albums from just what comes out of us when we try to make them, and we were certainly surprised at that for this album.

Quote

"Still, it's a very energetic album and some of the fastest songs we've done yet and things like that."

Matt Johnson
Talking about the new Matt & Kim album Lightning

It's kind of ironic that it's darker when it's called Lightning. Why did you go with that name?
We go a lot by what feels right, and there's something about the word lightning and the feeling that went with that. Still, it's a very energetic album with some of the fastest songs we've done yet and things like that. It's just something about it. I think this word describes this album.

I know you recorded in Williamsburg, Brooklyn — which has quickly become the hipster capital of America. How do you feel about this new stereotypical view of Williamsburg?
I mean, I see why it can be seen like that and whatnot, and it's true. I've gone to few other places that have such a high concentration of people who are into art and music and things like that in one place. I felt that Williamsburg for a long time has been very inspiring in that sense... being surrounded by other people who are concerned with similar things to myself and whatnot.

Yet, after living there for eight years, we just moved out and moved away. Of course, things as they do in New York evolve and change, and Williamsburg is one of those things.

Exclusively online

Matt & Kim, Soulja Boy, and Andrew W.K. have risen from the dead to throw a raging dance party in a morgue. The mortician has left for the night, the limbs are fresh and there's formaldehyde on ice. Check out the brand new video for I'm A Goner.

- **To watch the video.** Go to metronews.ca/scene

How did recording in Williamsburg influence the album?
Bizarrely, it's the first album we ever made in New York. The first album we recorded in L.A. The second album we recorded in Vermont. The third album we recorded in Atlanta.

This is the first time we recorded here where we live. It was great. I thought it gave me this balance. We get to be home very little, and it's nice when we finish a day of recording or things aren't going well to just be able to be removed and be in New York and feel like we're home and see the people we know.

It was a really nice experience. I don't plan on doing any albums outside of New York.

Speaking of Brooklyn, what are some Brooklyn-based bands that people in the international community should start listen to?
That's tough. Here's my feelings on why: I spend very little time officially in New York because we travel a lot. I feel like I'm the wrong person to ask who are the upcoming bands in New York because I'm not around to know.

Plus, me and Kim, we're huge fans of hip hop and pop music and things like that. While we were much more connected with the underground six, seven years ago, we're not so much now.

Matt & Kim's new album Lightning is out Oct. 2.
GETTY IMAGES

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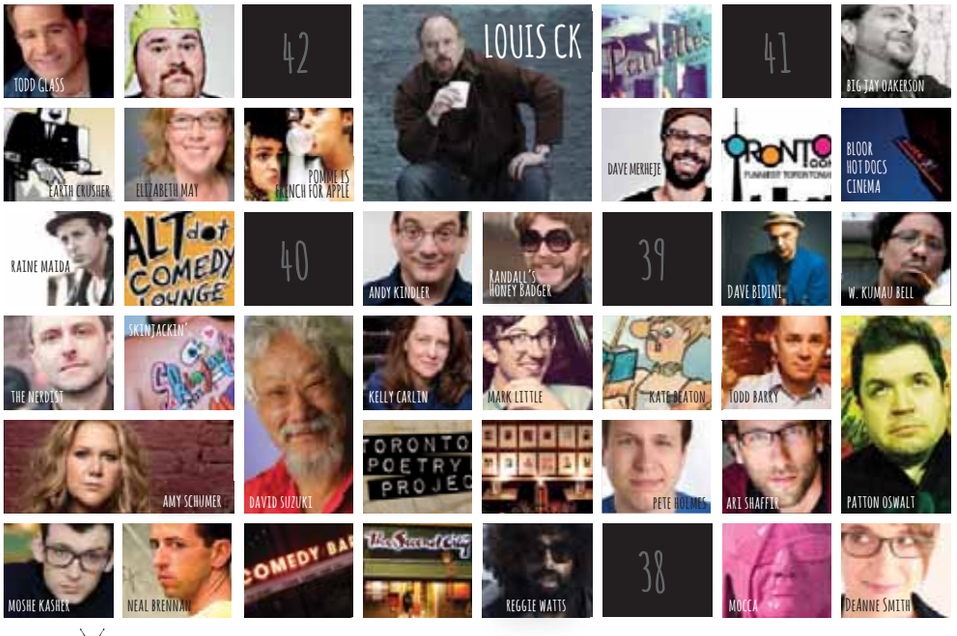

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A JUST FOR LAUGHS AND LIVE NATION PRODUCTION

Nicki rides with the Republicans?

Nicki Minaj has listeners wondering about her political affiliations after she apparently endorsed Republican presidential candidate Mitt Romney in a verse on a new track by Lil Wayne.

"I'm a Republican voting for Mitt Romney. You lazy bitches is f—ing up the economy," Minaj raps, though the line comes immediately after some boasting about her wealth and lifestyle, so it's unclear if the lyric is an actual declaration or just playing with a theme. In any event, it's a bright spot in Romney's recent dealings with musicians after several artists have attacked his campaign for using their songs.

No one's judging: American Idol's empty panel

With only Mariah Carey officially signed on to be a judge, the producers of American Idol are in a frenzied search to lock down the rest of the panel, according to TMZ.

On-air auditions begin in New York in two weeks for contestants and so far the show has failed to work out a final deal with potential judges Nicki Minaj and Keith Urban. Longtime judge Randy Jackson is also reportedly out.

An insider tells TMZ that this year, they are looking to break the one male and two female format to add a second dude to the lineup. At this rate, they might have to lower their standards a bit.

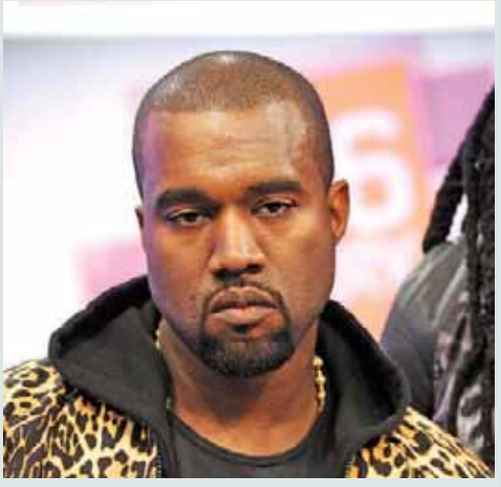
Kim Kardashian would probably be interested.

Mariah Carey

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Thanks for the honesty about Kim, Kanye!

PAT HEALY
scene@metronews.ca

We've slagged Kanye West in this column before, and we've certainly slagged Kim Kardashian here too. And when it comes to Kanye and Kim as a couple, well, we've really never said a single positive thing about them. But that is about to change.

See, the biggest gripe we had with Kim was that she was undeservedly famous, since she never exhibited any real talent, at least no talent that anybody could explain in a family-appropriate way.

She co-starred in a sex tape and then all of a sudden, she and her entire family are all reality superstars. And then the thing that got her famous, she doesn't even do anymore!

So the problem we then had with Kanye was that homeboy could do better than her. But in a new song from his Cruel Summer compilation album, Kanye is brutally honest about his mate.

"My girl a superstar, all from a home movie," he raps on the track Clique, an excerpt of which was made available by TMZ. We'd gladly quote more lyrics, but in trying to find the full song online, so many of the links on YouTube were decoys, where aspiring rappers tag their tracks as "Kanye West — Clique."

Who does that? That's not the way to get famous! Make a sextape, get a reality show, date one of the greatest rappers ever and then have him or her talk about you honestly!

Jessica Simpson. ALL PHOTOS GETTY IMAGES

'I let myself indulge in everything I wanted': Jessica Simpson

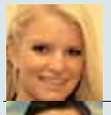
Jessica Simpson doesn't have any illusions about why she put on weight during her pregnancy, but she's learning a thing or two about how hard it is to get rid of.

"I let myself indulge in everything I wanted because it was the first time I was ever pregnant, and I wanted to enjoy it," Simpson tells USA Today.

"I didn't realize (the weight) didn't all come off with the baby." Still, Simpson says she's trying — and doesn't appreciate being judged by the standards of other famous women.

"My body is not bouncing back like a supermodel," says Simpson. "I'm just your everyday woman who is trying to feel good and be healthy for her daughter, her fiancé and herself."

Twitter



@JessicaSimpson
24 is my new treadmill show!! How have I not watched this show before now?!?! Jack Bauer is my hero!

@hitRECordJoe
Anyone know any good jokes?

@ladygaga
MAJORLY trolled by a fan tonight who lured me with a heart sign, i then ran around the entire catwalk w it, + the back actually said "HIGH"

@AlbertBrooks
Are you better off than you were 4 years ago? Physically? No way.

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LIFE 3

On the Web

New event home among fresh changes afoot for Montreal Fashion Week

COCO ROCHA

Coco Rocha — the Canadian supermodel who's worked with Versace, D&G, Lanvin and many more — has more than one million followers on Google Plus, Twitter and Instagram combined. Here, the 23-year-old tells Metro's Romina McGuinness what's behind all that sharing — and who she's excited about during all those fashion weeks.

SOCIAL MEDIA STAR

What designers are you most excited about this season?
A good friend of mine is Zac Posen so I'm always in love with his work. Then there's Jason Wu, Helmut Lang, McQueen, Balmain, Jean Paul Gaultier and Chanel."

What do you look for in an item of clothing or an outfit?
The outfit needs to be either really crazy or really couture. Unless I'm shopping for your average tee, I like one of a kind sort of things. I love vintage because each piece of clothing is unique and has its own story. I got the chance to go to Elizabeth Taylor's auction and buy one of her outfits that I wore to the Met Ball. It was the perfect statement dress. I tweeted how there was a wine stain on the dress and asked my followers to spot it. On the red carpet, people were like, show us the wine stain!

Why do you think fashion matters?
It's funny when people pretend to not care about fashion. I'm not one to say 'fashion is the future!' We're not curing cancer, but I do believe in the industry. People might say, 'don't worry about fashion, it's just clothes,' but clothes is exactly how you're portrayed. We're all about image in this world. If you want to be taken in a certain way, it's down to the way you look. As much as people would like to think fashion is nothing, it plays a huge part in how people dictate who you are.

The fashion industry is competitive, but you've maintained a sense of humour.
Most people think models are competitive, but with the girls of my calibre, the ones I grew up with, we're not like that. We're close friends, it's kind of like fashion high school. I try not to take myself too seriously. I'm not a model who thinks she's saving the world but some girls and boys look up to me so I want to be a good role model. I'd like people to think that I was a quirky little nerd in school and came to grow into myself to become something that —who knew I could?

People tend to love or hate social media. Why did you decide to make it yours?
At the beginning of my career, there was no social media. I never had the chance to speak on my behalf. You'd see a photo of me, but who was that person? If I did an interview, it was up to the interviewer to decide how I'd sound. With social media, I started a blog. I knew that if this 'blog' thing became something, I could use this platform to stand up for myself. I tried hard with Twitter but at first I was like, this thing will never catch on!

Yeah, so why do you feel the need to share personal moments with your Instagram followers?
My job is to show photos of myself but that's not always the reality. I go to work and play Coco the model but that's not Coco. I don't have those cheekbones! I really am a plain girl too. It's funny how interested people are in a models' normal life. I think a picture of me watching TV is pretty boring but apparently, it's the most fabulous thing.

During fashion weeks, Coco will be filming The Face, a new supermodel reality show co-starring Naomi Campbell and Nigel Barker. Follow her: @cocorocha and at cocorocha.com.

Top 3

Coco's top three tips for becoming a social media superstar.

1 Make friends. Follow certain people related to your industry and communicate with them. In return, when they communicate with you, you'll build up your audience because their followers will be like, who is she talking to and why?

2 Give original information. I try not to re-blog or re-post other people's comments unless it was so amazing and hilarious. I give information that is mine so that it goes out to the public and then back to me.

3 Be responsible. Your workmates are going to see this, not just your friends. In the end, your bosses can see it.

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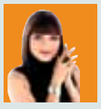

JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker:
What's the toughest decision YOU ever had to make?

@ALittleCavalier
Deciding to be a good, happy, decent person over a pursuit of absolute wealth. It was a good decision.

@Jeanne_Beker
You sound like my kind of person! Kudos...

@hurleyventi
Every morning when I pick out my outfit for the day..

@MeaganArtisan
I was adopted @ birth, I was given an opportunity to establish a relationship w a biological parent/siblings. I have.

@Jeanne_Beker
Bravo! I commend you for your courage... THAT must have been a tough decision!

The Kit

Canadian street style

Spotted in: Ottawa

Mahlet Seifu

Business intelligence consultant and handbag designer at Me.Tu

Age: 30

What she's wearing
Vero Moda sweater, H&M skirt, Me.Tu purse, BCBG shoes

Her inspiration
"I love playing with colour! Feminine girly looks and versatile purses is what my style is about. I'm really inspired by Liya Kebede. Her style is so natural and elegant at the same time."

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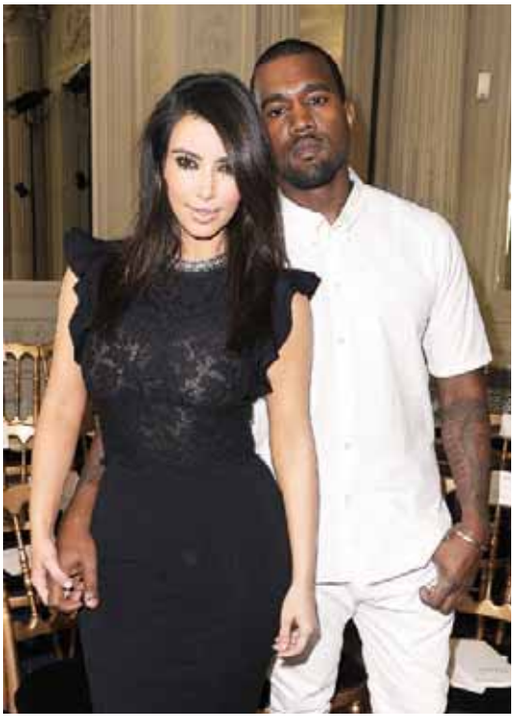
Who to watch

Preview. Big-name celebs join big-name designers to make for one bold-faced N.Y. Fashion Week

TINA CHADHA
life@metronews.ca

Kanye and Kim



For those of you who thought Kanye West wouldn't show his face again at Fashion Week after two seasons of getting trashed by the critics — you can't tell him nothing. According to reports, the hip-hop star will present his third women's wear collection in October during the Paris shows.

Even more exciting: His lady, reality-star-turned-mogul Kim Kardashian, will be by his side. Or will she walk the runway?

Show or no show, the two fashion-loving entrepreneurs are going to be perched on as many front rows as will have them.

Carine Roitfeld

Carine Roitfeld has been releasing teasers from her highly anticipated fashion glossy, CR Fashion Book, during the months leading up to Fashion Week. The former French Vogue editor-in-chief is, frankly, the only one who could pull off the launch of a print publication during this digital revolution without getting crazy lady looks from us.

The debut issue hits newsstands on Sept. 13. To celebrate, Roitfeld will throw a party during the New York shows that will be the must-attend event of the season.

Raf Simons

From his dramatic, surprise dismissal from Jil Sander (his sublime and feminine final show evoked tears and a standing ovation) to his appointment as John Galliano's much anticipated replacement as creative director for Christian Dior, all eyes have been fixated on Raf Simons.

And as his haute couture debut for the storied house proved, the spotlight will stay put.

"My desire is to have the history and future together by making a more modern dress and a more historic dress and fusing them," Simons said.

Wes Gordon

Wes Gordon is on fire. For the past few seasons, the 25-year-old has earned rave reviews from editors and buyers for his successful namesake label — which is already sold at Bergdorf Goodman and Kirna Zabete. The Central Saint Martins grad has dressed girl-of-the-moment Lena Dunham for the Met Gala, got a nod from Michelle Obama — the first lady wore a metallic jacket from his line at the Nickelodeon Kids' Choice Awards — and collaborated with Manolo Blahnik for his spring 2012 show.

Altuzarra

This is Joseph Altuzarra's moment. Championed by editors and It-girls alike, the fashion darling showed such strong collections for the past few seasons that he's become as exciting as, say, an Alexander Wang. His bold tropical prints and urban gypsy collection are the kind of shows that stick with editors way after the grueling Fashion Week cycle ends. After winning the $300,000 CFDA/Vogue Fashion Fund and the CFDA Swarovski Award for Womenswear, we're eager to see what an even more confident outing will look like.

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Delicious bites coming to a television near you

Come Dine With Me Canada. As the show sets to return for another season, get in the mood with contestant recipes

Beef Wellington by Sandra Latcham of Toronto

1. In food processor pulse mushrooms to rough paste. Scrape into pan and cook over a high heat, 10 mins., tossing frequently. Spread out on a plate to cool. Set aside.

2. Heat frying pan and add a little olive oil. Season beef with salt and pepper; sear in hot pan 30 secs. Remove from pan and leave to cool. Once beef is cooled, spread top with Dijon mustard, top off with mushrooms and roll Parma ham over whole piece.

3. Roll out puff pastry on floured surface to large rectangle. Cut into 4 equal pieces. Lay beef in the centre. Brush surrounding pastry with egg yolk. Fold ends over, wrap pastry around beef, cutting off any excess. Turn over, so seam is underneath, and place on baking sheet. Brush over pastry with egg and chill 15 mins to let pastry rest.

4. Heat oven to 200 C (400 F).

5. Lightly score pastry at 1 cm intervals and glaze again with beaten egg yolk. Bake 20 mins., lower oven setting to 180 C (350 F) and bake another 15 mins. Allow to rest 15 mins. before slicing and serving with accompaniments. Beef should still be pink in centre when served.

Haricots Verts, Roquefort, Black Walnuts & Prosciutto

1. Bring pot of water to boil. Add beans and blanche 2 mins. Drain and put in ice bath.

2. Pan fry prosciutto in skillet until crispy and remove.

3. Put beans back in skillet, add Roquefort cheese and walnuts and toss till warm and melted. Garnish with Prosciutto.

Gratin Dauphinoise

1. Heat oven to 375 F. Butter 3 L baking dish. Sprinkle about half of chopped garlic on bottom and sides of dish.

2. Use mandolin to cut potatoes in slices. Arrange layer of potato slices in prepared dish, overlapping. Season with salt, pepper, nutmeg. Pour spoons of cream over potatoes. Sprinkle with some remaining garlic. Repeat layer until potatoes and garlic used. Pour in remaining creams and dot with butter.

3. Bake until potatoes very tender and have absorbed all cream and are golden brown on top, about 1 to 1.5 hours. To help gratin develop brown crust, raise heat to 400 F for last 15 minutes.

4. Sprinkle each portion with fresh herbs.

SANDRA LATCHAM

Beef Wellington & Crispy Prosciutto with Gratin Dauphinoise

This Beef Wellington is sure to impress guests. PROPER TELEVISION

Ingredients

Beef Wellington (individual)
- 400 g portobello mushrooms, roughly chopped
- Sea salt and black pepper
- Olive oil, for cooking
- 750 g prime beef fillet
- 2 tbsp Dijon mustard
- 8 slices of Parma ham
- 500 g ready-made puff pastry
- Flour, to dust
- 2 egg yolks, beaten

Haricots Verts, Roquefort, Black Walnuts & Prosciutto
- 1 lb French green beans
- 4 oz Roquefort, crumbled
- 1 1/2 cups walnuts, chopped & toasted
- 4 strips prosciutto
- Salt and pepper to taste

Gratin Dauphinoise
- 5 cloves garlic
- 4 lbs russet potatoes, peeled
- Salt, pepper and nutmeg
- 1 cup heavy cream
- 4 tbsp butter cut into bits
- 2 tbsp mixed chopped fresh chives and parsley

On TV

Show's 3rd season hits the road

Looking for inspiration for your next dinner party or some advice on what not to do? Season three of W Network's Come Dine with Me Canada has you covered.

Launching with five back-to-back episodes on Sept. 10, this time around the show hits the road to travel to Edmonton and Charlottetown.

Come Dine with Me Canada follows five amateur chefs as they vie for the title of ultimate dinner party host. Each night, five strangers take turns hosting a dinner party. Then participants secretly score their host on a scale of one to 10. The host with the most points at the end of the five nights wins a $1,000 cash prize. METRO

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Enter your home in style

Design Centre. A reader gets advice on how to organize and jazz up her front entrance

I have a small front entrance to my new townhouse and I'd like some ideas to make it look more attractive yet have it be functional too.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

It's that time of the year where back to school and work means backpacks, briefcases, shoes, coats and purses get dropped by the front door when we get home from a long day.

Your front entrance not only needs to be functional for your daily routine, but attractive for guests who enter your home.

From organizing to decorating, here's a few ideas to create a well organized and attractive entrance.

Be decorative

• Paint the inside of the front door a jazzy colour in gloss paint. Hang a large mirror to make a tight space feel visually larger. Lay a decorative yet durable runner for comfort and colour under foot.

Add slim furniture

• Place a narrow console table near the front door to hold flowers and mail. Add a storage bench to sit on and store shoes. Hang floating shelves to display candles and decorative objects.

Where to splurge

• A decorative light fixture is always a good investment and if you move it can always go with you. Make sure it gives off enough light to brighten the entire entrance as chandelier-style fixtures often don't put out the amount of light needed.

• If your house gets light foot traffic at the front door then splurge on an attractive hall runner rug. A durable front door mat can always help trap dirt and offer a place for shoes to rest near the front door.

• A wireless touch-light will help brighten the inside of the closet; I suggest hanging one above coat level and one below coat level to ensure you see everything on the upper shelves and shoes below.

• Quality wooden hangers and storage boxes will help attractively organize your closet into a place you want to hang your coat each night.

Red Mahogany Wood Hangers, $9/set of 4

Oversized wooden hangers are strong for all the coats in the closet. BedBathAndBeyond.ca.

Infinity Console Table, $298

A sleek 12-inch console table is the perfect size for a small foyer. HomeDepot.ca

Victorian Hotel Pendant, $1675

A splurge of quality lighting will help to create a great impression when coming home. RestorationHardware.com

Gabbeh Modern 31"x 90", $363

All wool Gabbeh style hall runner makes a colourful statement when entering the house. EcarpetGallery.com

Don't wait for your guests to leave

I recently had house guests. On the day of their departure (they were not leaving until midday) I found myself laundering the bed linens from my guest bedrooms and towels from my guest bathrooms while they were still at my house! Is this considered rude or inappropriate? Thanks, Laundry boy

Dear Laundry Boy,

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

There is absolutely nothing wrong with starting your laundry while your house guests are still with you.

In this day and age when we are all busy and don't have domestic staff to do these things behind the scenes, so to speak, this is a great way to get ahead and move forward with the tasks of the day.

Now the question should be how do we do this without offending our guests yet getting our work done?

I would simply ask "would you mind doing me a favour and pulling your bed sheets after breakfast so that I can get the laundry started."

My only other advice is to not go into your guest bedrooms to take the sheets of the bed without them knowing.

Try saying something to the effect of, "do you mind if I go into your room to take the sheets to start the washing?" and hopefully your guest will offer to help you!

Sometimes you need to get a head start on laundry while your house guests are still around. ISTOCK IMAGES

The slipcover solution: Your perfect seasonal makeover

DIY ideas. They spruce up furniture and create a new look in a room. And the best part — slipcovers can be done on a budget

Slipcovers will last a few years. Then you can choose a new fabric for a whole new look again. ISTOCK IMAGES

To Slipcover or not

Before ordering your slipcovers, you need to ensure that reupholstering is the right tool for the job at hand.

• Consider how much you like the lines of the piece of furniture. If the silhouette is too modern or old-fashioned a slipcover won't fix that, but if you love the basic shape then it can be a great cost-conscious way to update it.

• Think about the use of the piece. If you have small kids or pets, the removable and washable nature of a slipcover is a wise choice.

• If there are lumps in your sofa or the chair is uncomfortable then the only way to fix it is by re-working from the inside out.

Settled on Slipcovers?

If you've determined that a slipcover is the right choice for you, there's another question to consider — standard or custom?

• Custom-made slipcovers will give you a crisper profile with individual tailoring, but you need to consider the over-all style of the room.

If it's cottage comfort or shabby chic then a slipcover that appears a bit baggy will suit the space.

However, a strongly traditional or modern space requires a tailored fit.

• Also think about the shape of your piece. If you have an unusually shaped piece of furniture it will be hard to find a pre-made slipcover that will suit it.

• Fabric will also help determine the right choice. Slipcovers come in all sorts of colours and patterns, but if you have your heart set on a particular shade or motif then you may need to custom create it.

• Lastly, determine a budget.

Custom slipcovers are significantly more expensive than pre-made versions.

Keep It In Shape

After choosing the right slipcover for your space, there are a few key maintenance tips to remember.

• Over time the slipcovers will slide, so you need to tug them into place or tuck loose fabric between cushions.

• Remove and clean them every few months, and remove to spot treat any small stains.

Slipcovers will last a few years before they need replacing — then you can choose a new fabric for a whole new look in your home!

FULL OF SAVVY AND RESOURCEFUL TIPS LIKE THIS FOR HOMEOWNERS, PROFESSIONAL GRADE FEATURES A COMPLETE ROOM RENOVATION DONE ON A LIMITED BUDGET – AND IF THE HOMEOWNERS CAN CONVINCE EXPERT CONTRACTORS THAT IT COST MORE THEY WIN THE DIFFERENCE!

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Always connected

MIKE YAWNEY
For Metro

Talk, text, and post pictures to Facebook. Sound familiar? Yes, smartphones and cameras make wonderful back-to-school gifts for the student in your life. Here are a few of the best devices to send to the classroom this fall.

Samsung Galaxy SIII — $159.99 (with contract).

iPhone 4s — $99 (three-year contract)

A smartphone that's easy on the eyes, literally. The high-resolution Retina display has such a high-pixel density, the human eye can't distinguish individual pixels, which means no eye strain. An ultra-fast processor ensures top performance while surfing the web or using any one of the more than 500,000 apps in Apple's App Store. The perfect phone for work and play.

HTC One X — $79.99 (three-year plan)

This Android smartphone has a lot going for it. An eight-megapixel camera let's you document student life without lugging around a bulky digital camera. Audiophiles will love the high-end sound from Beats Audio built right into the phone. Let's not forget about the 4.7-inch HD screen that allows you to watch movies in their full cinematic glory. That is, of course, once your homework is done.

Motorola Defy Pro — $0.01 (with contract)

Accidents happen. They just seem to happen to some more than others. The Motorola Defy Pro can handle spills, dust, scuffs and scratches, and features a full qwerty keyboard. The best feature may be its battery, which can handle 12 hours worth of talk before needing a charge.

Samsung Galaxy SIII — $159.99 (with contract)

The hottest Android phone of the summer. This phone has all the bells and whistles. It will respond to your voice and will even monitor your eye movements so it never goes to sleep while you are looking at it. Have a friend who uses a Galaxy S3? Simply touch your phones together to transfer photos, music and videos.

Pentax Optio WG-2 — $349.95

Rough and rugged, this 16-megapixel camera can dish out even the toughest punishment from the most careless student. It's dust-proof, waterproof, shockproof, and crush-proof. What's most impressive is its ability to take photos in macro mode from as close as one centimetre away, plus a digital microscope mode that allows for images of magnified objects.

Panasonic Lumix ZS20K — $399.99

A camera that's ready when you are. Light Speed Auto Focus allows this camera to focus in 0.1 seconds so you will never miss a moment of campus life. Not only does this 14.1-megapixel camera feature 20x optical zoom, it also has a special nano coating on the lens to block reflected light to prevent ghosting and unwanted flares.

Canon Powershot G1 X — $799

A 14.3-megapixel camera for students who expect more out of their photos. The GX 1 features an extra large CMOS sensor, roughly six times the size of that found in the Powershot G12, allowing more colour fidelity and sharper low light images. It's certainly not cheap for a fixed-lens camera, but its performance outshines other cameras in this category.

Clockwise, from top, Motorola Defy Pro — $0.01 (with contract), iPhone 4s — $99 (three-year contract), HTC One X — $79.99 (three-year plan), Panasonic Lumix ZS20K — $399.99, Canon Powershot G1 X — $799, Pentax Optio WG-2 — $349.95.

Healthy stomach leads to healthy mind

Fresh lunch ideas means your child will probably eat what you give them, rather than throwing it away or trading it with other students. HEMERA/THINKSTOCK

ASTRID VAN DEN BROEK
For Metro

What to pack for lunches this school year? If your child keeps coming home with containers full of sandwiches, maybe it's time to switch things up.

Lianne Phillipson-Webb, a registered nutritionist and founder of Toronto-based SproutRight, shares her fresh lunch ideas.

Think Outside The Sandwich

"Even if it's a wrap or filling a pita, you want to have balance in what you pack between carbs and protein so your child has energy during the day," says Phillipson-Webb.

"So you could fill with tuna, egg or meat. To keep it from going soggy, if you thinly spread butter or mayonnaise it acts as a barrier."

Play With Your Fillings

Combine two sure-fire kid-friendly foods such as grated cheese and grapes. Or Tahini (sesame seed butter — check with your school first to see if it's allowed) and a banana inside the wrap.

Try A Different Wrap

Steal a page from fresh spring rolls and try rice paper wraps. "You just have to make the paper wet and fill it with vegetables, tofu, avocado, mango, pineapple, noodles — whatever you like," she says.

Or Try A Brand New Filling

Such as pressed cottage cheese.

"It has more protein than a cream cheese and if you want to sweeten it up, you could spread a fruit jam on it," she says.

Look for it in the dairy cooler in the supermarket.

No need to throw out that lunch bag anymore

Forget the brown paper bag. Today's bags focus on being reusable and washable. Here's what's hot in lunch bags.

Matchy-matchy: Many retailers are pairing lunch bags with backpacks, both featuring the same design.

Bright and colourful: Hot colours in lunch bags include hot pinks, oranges, yellows and blues for girls and bright reds and blues for boys.

Going old school: Not all lunch bags are of the zip-top, insulated interior kind. Metal flip-top lunch boxes featuring superheroes such as Superman and Batman are also popular.

Grown-up lunch boxes: "For the more mature students we have Elle lunch bags that come in a wide variety of colours and sizes and they look almost like a small carrying bag," says Steve Grebenc, a general manager for a west-end Toronto-based Staples Canada. "Some of them come with utensils as well. And for patterns, stripes are popular and prints such as circles and squares on them."

Lunch bags, $9.97 each, available at Walmart, walmart.ca.

Teens. Amp up wardrobe with colours and textures

STEPHANIE ORFORD
For Metro

Teen Boy Brand Name Down-Filled Puffer Vest, $89.99, Brand Name Tech Hoodie, $39.99, Brand Name Nylon Sports Bag, $49.99, Brand Name Denim, $34.99, Suede Skate Shoes, $39.99; Teen Girl Brand Name Denim Vest, $39.99, Chiffon Button-Up Top, $19.99, Three-Quarter Sleeve Sweater, $19.99, Coloured Denim, $19.99, Cotton and Leather Aztec Bag, $49.99, Zip-Up Booties, $49.99. All available at Winners (winners.ca).

This fall, colour and pattern aren't frivolities. They are style requirements, according to Sarah Smithers, fashion expert at Winners.

Key trends for teen girls and boys this fall incorporate both.

While denim and other basics lay the groundwork for solid fall style (denim vests!), this season they are amped up with a riot of exuberant colours, prints and textures.

Girls — Coloured Denim

The shape: Skinny. The colours: Go crazy. Jeans are a perennial back-to-school style staple, but this season teen girls are taking the trend further with bold updates to basic blues.

Coloured and printed skinny jeans have been seen on celebs including Dakota Fanning, Taylor Swift and the Jenner sisters, so it's no surprise this trend is a big one for back to school. Think floral, geometric and animal prints.

First-day fashionistas will be pairing their statement denim with other bright, printed pieces to create an eclectic, modern-bohemian look.

Girls — Upper East Side

A pretty take on private school style, the Upper East Side style pairs sweet with tailored to capture a preppy look with a twist.

Printed tops in light, soft fabrics with pretty details like bows are tempered by dark, neutral tailored blazers to create a sleek look.For more edge, add statement accessories like leopard leggings and studded slipper shoes.

Boys — Varsity/ Collegiate

Collegiate cool pieces are scoring top style marks for teen boys this fall. Varsity-style jackets and sweaters have been spotted on Brit bands like One Direction, as well as on homegrown celebs like Drake and Justin Bieber. Teen boys are looking to recreate similar looks for themselves this September. Paired with simple, dark-coloured jeans, letterman jackets and vintage-inspired collegiate cardigans deliver a look that's current while referencing classic American college style. Checked shirts are another fall staple. This season they are more tailored to the body and pair well with skinny jeans as part of a varsity-inspired ensemble.

Teen Boy Varsity-Inspired Cardigan, $39.99, Henley, $19.99, Flannel Button-Up Shirt, $16.99, Brand Name Coloured Denim, $39.99, Suede Desert Boots, $59.99; Teen Girl Blazer, $34.99, Printed Blouse, $29.99, Belt, $16.99, Peplum Skirt, $12.99, Suede Studded Slipper Shoes, $49.99. All available at Winners (winners.ca).

Boys — Colour Blocking

This season's back-to-school style basics, like comfy cotton hoodies and nylon pack-away puffer vests, are updated in ultra-saturated neon hues and sporty styles. When paired with more subdued denim in blue or grey, these pieces take a balanced approach to colour blocking.

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SPORTS 4

CFL

Owens is offensive player of the week

Toronto slotback Chad Owens has been named the CFL's offensive player of the week, while teammate Ahmad Carroll took defensive honours. Owens had 176 receiving yards and one touchdown vs. Hamilton on Labour Day. THE CANADIAN PRESS

Chad Owens
CONTRIBUTED/TORSTAR NEWS SERVICE

Mixed martial arts

St-Pierre-Silva super-fight 'pretty close,' says White

UFC boss Dana White says should Georges St-Pierre defeat Carlos Condit, the Canadian mixed martial arts star will likely take on middleweight champion Anderson Silva next.

"I think we're pretty close," White, speaking on the UFC on Fuel TV show, said of the proposed super-fight between the two champions.

The 31-year-old St-Pierre (22-2) has not fought this year because of a knee injury but was recently given a clean bill of health and is expected to meet Condit, the interim title holder, later this year.
THE CANADIAN PRESS

NFL

"You're not trying to get autographs from them, you're trying to win a game."

Rookie QB Andrew Luck on facing pro bowlers Julius Peppers and Brian Urlacher when his Indianapolis Colts take on the Chicago Bears this Sunday

Cowboys get some revenge against champion Giants

The Dallas Cowboys' Miles Austin catches a pass over the New York Giants' Justin Tryon Wednesday in East Rutherford, N.J. BILL KOSTROUN/THE ASSOCIATED PRESS

NFL. Dallas dominates rivals from New York for much of the night in season-opening game

The Dallas Cowboys waited all year for another shot at the New York Giants. When they got it in the 2012 season opener, they were ready.

So were the replacement officials, who barely were a story as Dallas dominated the Super Bowl champions for much of a 24-17 victory Wednesday night that wasn't nearly so close.

It won't make up for the New Year's Day loss that cost the Cowboys the NFC East title and sent the Giants on their way to the NFL championship. It sure could provide impetus for this season, though, particularly with the discovery of a new game-breaker, Kevin Ogletree.

While the officials were expected to be a big focus as the league's lockout of the regulars continued, there were no controversies, no blatant mistakes or rampant confusion. The spotlight belonged squarely on the Cowboys, from Tony Romo's three touchdown passes and 307 yards in the air to DeMarco Murray's 129 yards rushing to Ogletree's two scores.

Wednesday's game

Cowboys	Giants
24	17

Dallas' defence frustrated Eli Manning and his offence with three sacks and a half-dozen pressures, all before the largest crowd at MetLife Stadium for a Giants game. The 82,287 saw the defending league champs lose in the now-traditional midweek kickoff contest for the first time in nine such games.

When the Cowboys were threatened late — a spot they often have folded in against the Giants — Romo hit Ogletree for 15 yards on third down to clinch it. That gave Ogletree 114 yards on eight catches; he had 25 receptions for 294 yards and no scores entering the game.

Ogletree thoroughly fooled New York's top cornerback, Corey Webster, on his long score to start the second half — the kind of big play the Cowboys couldn't make enough of in that Jan. 1 showdown that ended their season. And they got another huge play from DeMarco Murray, who broke two tackles in the backfield, scooted down the right sideline for 48 yards, and set up Dan Bailey's 33-yard field goal for a 17-10 lead through three quarters.

After Manning connected with former Cowboys tight end Martellus Bennett for a nine-yard touchdown with 2:36 remaining, Dallas never gave the ball back.

Murray's counterpart with the Giants, Ahmad Bradshaw, scored on a 10-yard run — New York's first effective rush all game — for the hosts' first touchdown. And Ogletree's opposite number, Giants third wideout Domenik Hixon, made a spectacular leaping grab for 39 yards over two defenders to set up that score.
THE ASSOCIATED PRESS

Ogletree shines

- The Cowboys' big-time receivers — Miles Austin, Dez Bryant and Jason Witten — were eclipsed by Ogletree, who sure didn't resemble a backup.
- In the first half, he had five catches for 47 yards and a TD, and broke free for a 40-yard reception early in the third quarter.

Mobile sports

Imagine if an athlete checked into a clinic to get his legs artificially lengthened, then came back to beat Usain Bolt over 200 metres on surgically improved limbs. Is such a day far off? Scan the code for the story.

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Chronicle of Roddick ends at U.S. Open

Tennis. Fan favourite American bids emotional goodbye after loss to del Potro in 4th round

More than an hour after hitting one last shot as a professional tennis player, then delivering one last, voice-wavering speech to an adoring U.S. Open audience, Andy Roddick exited the locker-room one last time.

Accompanied by his wife and other family members, a black baseball cap tugged low over his eyes, Roddick slung a racket bag off his aching right shoulder — the one responsible for so many high-speed aces, violent forehands and the most recent Grand Slam title by an American man — and tossed the equipment in the back of a waiting van.

He won't need that any longer.

Serenaded by choruses of "Let's go, Andy!" that rang through Arthur Ashe Stadium in the closing moments of his career, 2003 U.S. Open champion Roddick headed into retirement with a 6-7 (1), 7-6 (4), 6-2, 6-4 loss to 2009 champion Juan Martin del Potro of Argentina in the fourth round at Flushing Meadows on Wednesday.

Andy Roddick GETTY IMAGES

"If we do badly, then it costs us something; if we do well, we get great things. This was about something bigger. It wasn't about ranking points or paycheques or anything else," Roddick said. "This week I felt like I was 12 years old, playing in a park. It was extremely innocent. That was fun. I enjoyed it."

It was a bittersweet goodbye, for the fans who gave him a standing ovation at the end — del Potro joined in, rising from his changeover chair to applaud — and for Roddick himself.

He covered his face with a white towel while seated on the sideline after sailing a running forehand long with the final swing of his racket. Earlier, he appeared to be trying to avoid crying while serving in the next-to-last game; in the stands, his wife, model-actress Brooklyn Decker, stuck a finger underneath her dark sunglasses to wipe away her tears.

THE ASSOCIATED PRESS

Federer falls to Berdych

Maybe Roger Federer got too much time off between U.S. Open matches. This much is certain: He won't be playing again at this year's tournament after losing to Tomas Berdych in the quarter-finals.

- Five-time champion Federer departs Flushing Meadows before the semifinals for the first time since 2003, stunned by the sixth-seeded Berdych 7-6 (1), 6-4, 3-6, 6-3 on Wednesday night.

MLB

Doping ban for pitcher in Jays' farm

Another minor-league pitcher in the Toronto Blue Jays' system has been suspended for doping.

The Office of the Commissioner of Baseball announced Wednesday that right-handed pitcher Jose Brito has been suspended for 50 games without pay after testing positive for Stanozolol, an anabolic steroid. Brito is on the roster of the Dominican Summer League Blue Jays.

The ban comes a week after Jays pitching prospect Marcus Stroman was suspended 50 games after testing positive for the drug Methylhexaneamine.

THE CANADIAN PRESS

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MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
New York	77	59	.566	—
Baltimore	76	60	.559	1
Tampa Bay	75	62	.547	2½
Boston	63	74	.460	14½
Toronto	61	75	.449	16

CENTRAL DIVISION	W	L	Pct	GB
Chicago	74	62	.544	—
Detroit	73	63	.537	1
Kansas City	61	75	.449	13
Cleveland	58	79	.423	16½
Minnesota	56	81	.409	18½

WEST DIVISION	W	L	Pct	GB
Texas	81	55	.596	—
Oakland	76	60	.559	5
Los Angeles	74	63	.540	7½
Seattle	66	71	.482	15½

Wednesday's results
Toronto 6 Baltimore 4
Chicago White Sox 6 Minnesota 2
Detroit 7 Cleveland 1
L.A. Angels 7 Oakland 1
N.Y. Yankees 6 Tampa Bay 4
Texas 7 Kansas City 6
Boston at Seattle
Tuesday's results
Baltimore 12 Toronto 0
Boston 4 Seattle 3
Cleveland 3 Detroit 2
Kansas City 6 Texas 3
L.A. Angels 6 Oakland 1
Minnesota 18 Chicago White Sox 9
Tampa Bay 5 N.Y. Yankees 2
Thursday's games — All Times Eastern
N.Y. Yankees (Phelps 3-4) at Baltimore (Hammel 8-6), 7:05 p.m.
Texas (Feldman 6-11) at Kansas City (Hochevar 7-13), 8:10 p.m.
Friday's games
N.Y. Yankees at Baltimore, 7:05 p.m.
Texas at Tampa Bay, 7:10 p.m.
Toronto at Boston, 7:10 p.m.
Cleveland at Minnesota, 8:10 p.m.
Kansas City at Chicago White Sox, 8:10 p.m.
Detroit at L.A. Angels, 10:05 p.m.
Oakland at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Washington	83	52	.615	—
Atlanta	76	60	.559	7½
Philadelphia	66	71	.482	18
New York	65	72	.474	19
Miami	60	76	.441	23½

CENTRAL DIVISION	W	L	Pct	GB
Cincinnati	83	55	.601	—
St. Louis	74	63	.540	8½
Pittsburgh	71	64	.526	10½
Milwaukee	66	69	.489	15½
Chicago	51	84	.378	30½
Houston	42	94	.309	40

WEST DIVISION	W	L	Pct	GB
San Francisco	77	59	.566	—
Los Angeles	73	64	.533	4½
Arizona	67	70	.489	10½
San Diego	63	74	.460	14½
Colorado	56	78	.418	20

Wednesday's results
Atlanta 1 Colorado 0
Milwaukee 8 Miami 5
N.Y. Mets 6 St. Louis 2
Philadelphia 6 Cincinnati 2
Pittsburgh 6 Houston 3
Washington 9 Chicago Cubs 1
San Diego at L.A. Dodgers
Arizona at San Francisco
Tuesday's results
Arizona 8 San Francisco 6 (11 innings)
Cincinnati 2 Philadelphia 1
Colorado 6 Atlanta 0
Milwaukee 8 Miami 4
Pittsburgh 6 Houston 2
San Diego 6 L.A. Dodgers 3 (11 innings)
St. Louis 5 N.Y. Mets 1
Washington 11 Chicago Cubs 5
Thursday's games — All Times Eastern
Colorado (Chacin 2-4) at Atlanta (T.Hudson 13-5), 12:10 p.m.
Milwaukee (Estrada 2-5) at Miami (Jo.Johnson 7-11), 12:40 p.m.
Chicago Cubs (Germano 2-5) at Washington (Zimmermann 9-8), 7:05 p.m.
Friday's games
Chicago Cubs at Pittsburgh, 7:05 p.m.
Colorado at Philadelphia, 7:05 p.m.
Miami at Washington, 7:05 p.m.
Atlanta at N.Y. Mets, 7:10 p.m.
Houston at Cincinnati, 7:10 p.m.
Milwaukee at St. Louis, 8:15 p.m.
Arizona at San Diego, 10:05 p.m.
L.A. Dodgers at San Francisco, 10:15 p.m.

BLUE JAYS 6, ORIOLES 4

Baltimore	ab	r	h	bi
Markks rf	4	0	0	0
Hardy ss	3	0	0	0
McLoth lf	3	0	0	0
Ford ph-lf	1	0	0	0
AdJons cf	3	1	2	1
Wieters c	3	2	0	0
C.Davis dh	3	0	0	0
MrRynl 1b	4	1	1	2
Quntnll 2b	3	0	0	0
Machd 3b	3	0	2	1
Totals	**30**	**4**	**5**	**4**

Toronto	ab	r	h	bi
RDavis lf	4	1	2	3
Rasms cf	4	0	0	0
Encrnc 1b	3	0	0	0
Lind dh	4	1	1	0
YEscor ss	4	1	1	0
KJhnsn 2b	4	1	2	1
Torreal c	4	0	0	0
Hchvrr 3b	3	1	1	1
Gose rf	3	1	2	0
Totals	**33**	**6**	**9**	**5**

Baltimore	020	000	002 — 4
Toronto	011	000	40x — 6

E—Ad.Jones (8). DP—Toronto 2. LOB—Baltimore 4, Toronto 4. 2B—Machado (5), Y.Escobar (19), K.Johnson (17). 3B—Gose (2). HR—Ad.Jones (27), Mar.Reynolds (18), R.Davis (7).

Baltimore	IP	H	R	ER	BB	SO
Mig.Gonzalez L,6-4	6 1-3	7	5	5	0	4
Ayala	0	2	1	0	0	0
Matusz	2-3	0	0	0	1	2
Tom.Hunter	1	0	0	0	0	0
Toronto						
Morrow	6	3	2	2	3	6
Delabar W,4-1	1	1	0	0	0	2
Oliver	1	0	0	0	1	0
Janssen	1	1	2	2	1	2

Delabar pitched to 1 batter in the 8th.
Ayala pitched to 2 batters in the 7th.
Umpires—Home, Tim Welke; First, Paul Schrieber; Second, Mike Everitt; Third, Laz Diaz.
T—2:46. A—14,458 (49,260) at Toronto.

AL LEADERS

	G	AB	R	H	Avg.
Trout, LAA	113	463	108	154	.333
MiCabrera, Det	134	521	88	172	.330
DavMurphy, Tex	121	365	55	117	.321
Beltre, Tex	131	511	79	162	.317
Mauer, Minn	126	467	71	148	.317
Jeter, NYY	133	566	84	179	.316
Fielder, Det	135	487	71	152	.312
Butler, KC	134	508	59	157	.309
Konerko, ChiW	119	443	55	136	.307
TorHunter, LAA	115	437	69	133	.304

NL LEADERS

	G	AB	R	H	Avg.
AMcCutchen, Pgh	130	496	92	172	.347
MeCabrera, SF	113	459	84	159	.346
Posey, SF	123	442	62	144	.326
YMolina, StL	115	426	53	138	.324
DWright, NYM	132	489	79	153	.313
CGonzalez, Col	120	474	85	148	.312
Braun, Mil	127	494	90	154	.312
Fowler, Col	123	399	69	123	.308
Holliday, StL	133	515	85	157	.305
AHill, Ariz	132	507	74	153	.302

Not including Wednesday's games

TRANSACTIONS

MLB

LEAGUE OFFICE—Suspended Toronto Blue Jays RHP Jose Brito and New York Mets OF Hengelbert Rojas for 50 games each for positive tests under the Minor League Drug Prevention and Treatment Program.

NATIONAL LEAGUE

COLORADO ROCKIES—Recalled INF/OF Matt McBride from Colorado Springs (PCL).
LOS ANGELES DODGERS—Transferred RHP Chad Billingsley to the 60-day DL. Selected the contract of LHP Steven Rodriguez from Chattanooga (SL).
SAN DIEGO PADRES—Agreed to terms with OF Chris Denorfia on a two-year contract through 2014.

CFL

EDMONTON ESKIMOS—Acquired the rights for OL Matthew O'Donnell from Saskatchewan for WR Greg Carr.

NHL

OTTAWA SENATORS—Signed C Zack Smith to a four-year contract extension through the 2016-17 season.

TENNIS

U.S. OPEN

At New York
MEN
Singles — Round of 16
Novak Djokovic (2), Serbia, def. Stanislas Wawrinka (18), Switzerland, 6-4, 6-1, 3-1 (retired).
Juan Martin del Potro (7), Argentina, def. Andy Roddick (20), U.S., 6-7 (1), 7-6 (4), 6-2, 6-4.
Janko Tipsarevic (8), Serbia, def. Philipp Kohlschreiber (19), Germany, 6-3, 7-6 (5), 6-2.
Quarter-finals
Andy Murray (3), Britain, def. Marin Cilic (12), Croatia, 3-6, 7-6 (4), 6-2, 6-0.
Doubles — Quarter-finals
Bob and Mike Bryan (2), U.S., def. Julien Benneteau and Nicolas Mahut, France, 7-6 (2), 7-6 (4).
Aisam-ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (9), Netherlands, def. Christian and Ryan Harrison, U.S., 6-2, 6-3.
WOMEN
Singles — Quarter-finals
Maria Sharapova (3), Russia, def. Marion Bartoli (11), France, 3-6, 6-3, 6-4.
Serena Williams (4), U.S., def. Ana Ivanovic (12), Serbia, 6-1, 6-3.
Sara Errani (10), Italy, def. Roberta Vinci (20), Italy, 6-2, 6-4.
Doubles — Quarter-finals
Andrea Hlavackova and Lucie Hradecka (3), Czech Republic, def. Sabine Lisicki, Germany, and Peng Shuai, China, 6-3, 6-1.
Nuria Llagostera Vives and Maria Jose Martinez Sanchez (8), Spain, def. Maria Kirilenko and Nadia Petrova (4), Russia, 7-5, 3-6, 7-6 (5).
Hsieh Su-wei, Taiwan, and Anabel Medina Garrigues (16), Spain, def. Chuang Chia-jung, Taiwan, and Zhang Shuai, China, 6-2, 6-1.
MIXED DOUBLES
Semifinals
Kveta Peschke, Czech Republic, and Marcin Matkowski (4), Poland, def. Liezel Huber, U.S., and Max Mirnyi (1), Belarus, 7-5, 6-2.
Ekaterina Makarova, Russia, and Bruno Soares, Brazil, def. Lucie Hradecka and Frantisek Cermak (7), Czech Republic, 6-3, 6-3.

CFL

WEEK 11

EAST DIVISION	GP	W	L	T	PF	PA	Pt
Montreal	9	6	3	0	263	267	12
Toronto	9	5	4	0	210	222	10
Hamilton	9	3	6	0	266	294	6
Winnipeg	9	2	7	0	176	296	4

WEST DIVISION	GP	W	L	T	PF	PA	Pt
B.C.	9	6	3	0	227	171	12
Edmonton	9	5	4	0	221	185	10
Calgary	9	5	4	0	248	236	10
Saskatchewan	9	4	5	0	242	182	8

Friday's game
All Times Eastern
Calgary at Edmonton, 9 p.m.
Saturday's games
Hamilton at Toronto, 1 p.m.
Montreal at B.C., 4 p.m.
Sunday's game
Saskatchewan at Winnipeg, 1 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Whyte, Mtl	0	27	19	5	89
McCallum, BC	0	23	2	4	87
Shaw, Edm	0	20	19	5	82
Congi, Ham	0	26	16	2	76
Palardy, Wpg	0	13	19	3	73
Paredes, Cal	0	23	16	0	71
C.Williams, Ham	11	0	0	0	66
Waters, Tor	0	9	16	2	59
Milo, Sask	0	16	11	8	57
Whitaker, Mtl	8	0	0	0	48
x-Lewis, Cal	7	2	0	0	44
Walker, Ham	7	0	0	0	42
Prefontaine, Tor	0	5	10	3	37
Dressler, Sask	6	0	0	0	36
Harris, BC	6	0	0	0	36
Sheets, Sask	6	0	0	0	36
DeAngelis, Sask	0	8	9	0	35
x-Matthews, Wpg	5	2	0	0	32
Charles, Edm	5	0	0	0	30

x — scored on two-point convert

CYCLING

SPANISH VUELTA

At Camaleno, Spain
Results Wednesday from the 17th stage of the Spanish Vuelta, a 188-kilometre ride from Santander to the mountain top finish of Fuente De near Camaleno:
1. Alberto Contador, Spain, SaxoBank, four hours, 29 minutes, 20 seconds; 2. Alejandro Valverde, Spain, Movistar, 6 seconds behind.
3. Sergio Luis Henao, Colombia, Team Sky, same time; 4. Gorka Verdugo, Spain, Euskaltel-Euskadi, same time; 5. Rinaldo Nocentini, Italy, Ag2r La Mondiale, 0:19; 6. Jan Bakelants, Belgium, Radioshack-Nissan, 0:55; 7. Benat Intxausti Elorriaga, Spain, Movistar, 1:13; 8. Alexandre Geniez, France, Argos-Shimano, 1:40; 9. Paolo Tiralongo, Italy, Astana, 2:13; 10. Joaquin Rodriguez, Spain, Katusha, 2:38.
OVERALL STANDINGS
(after 17 of 21 stages)
1. Alberto Contador, Spain, SaxoBank, 68 hours, 7 minutes, 54 seconds;
2. Alejandro Valverde, Spain, Movistar, 1:52 behind; 3. Joaquin Rodriguez, Spain, Katusha, 2:28; 4. Christopher Froome, Britain, Team Sky, 9:40; 5. Daniel Moreno, Spain, Katusha, 11:36; 6. Robert Gesink, Netherlands, Rabobank, 12:06.
7. Laurens Ten Dam, Netherlands, Rabobank, 12:55; 8. Andrew Talansky, United States, Garmin-Sharp, 13:06; 9. Igor Anton, Spain, Euskadi-Euskaltel, 13:49; 10. Benat Intxausti Elorriaga, Spain, Movistar, 14:10.

NFL

WEEK ONE

Wednesday's result
Dallas 24 N.Y. Giants 17
Sunday's games — All Times Eastern
Indianapolis at Chicago, 1 p.m.
Jacksonville at Minnesota, 1 p.m.
Miami at Houston, 1 p.m.
New England at Tennessee, 1 p.m.
Washington at New Orleans, 1 p.m.
Atlanta at Kansas City, 1 p.m.
Buffalo at N.Y. Jets, 1 p.m.
St. Louis at Detroit, 1 p.m.
Philadelphia at Cleveland, 1 p.m.
Seattle at Arizona, 4:25 p.m.
San Francisco at Green Bay, 4:25 p.m.
Carolina at Tampa Bay, 4:25 p.m.
Pittsburgh at Denver, 8:20 p.m.
Monday, Sept. 10
Cincinnati at Baltimore, 7 p.m.
San Diego at Oakland, 10:15 p.m.

COWBOYS 24, GIANTS 17

Dallas	0	7	10	7	— 24
N.Y. Giants	0	3	7	7	— 17

First Quarter
No Scoring.
Second Quarter
NYG—FG Tynes 22, 9:10.
Dal—Ogletree 10 pass from Romo (Bailey kick), 1:01.
Third Quarter
Dal—Ogletree 40 pass from Romo (Bailey kick), 10:24.
NYG—Bradshaw 10 run (Tynes kick), 5:11.
Dal—FG Bailey 33, :40.
Fourth Quarter
Dal—Austin 34 pass from Romo (Bailey kick), 5:57.
NYG—Bennett 9 pass from Manning (Tynes kick), 2:36.
Attendance—82,287 at East Rutherford, N.J.

TEAM STATISTICS	Dal	NYG
First downs	18	15
Total Net Yards	433	269
Rushes-yards	26-143	19-82
Passing	290	187
Punt Returns	3-3	1-5
Kickoff Returns	3-61	5-100
Interceptions Ret.	0-0	1-51
Comp-Att-Int	22-29-1	21-32-0
Sacked-Yards Lost	2-17	3-26
Punts	2-54.0	4-50.3
Fumbles-Lost	0-0	1-1
Penalties-Yards	13-86	4-33
Time of Possession	34:07	25:53

INDIVIDUAL STATISTICS
RUSHING—Dallas, Murray 20-131, Romo 5-12, Vickers 1-0. N.Y. Giants, Bradshaw 17-78, Wilson 2-4.
PASSING—Dallas, Romo 22-29-1-307. N.Y. Giants, Manning 21-32-0-213.
RECEIVING—Dallas, Ogletree 8-114, Bryant 4-85, Austin 4-73, Witten 2-10, Murray 2-9, Hanna 1-10, Phillips 1-6. N.Y. Giants, Cruz 6-58, Bennett 4-40, Nicks 4-38, Hixon 3-55, Bradshaw 2-15, Pascoe 1-6, Hynoski 1-1.
MISSED FIELD GOALS—None.

AUTO RACING

FORMULA ONE

ITALIAN GRAND PRIX
Site: Monza, Italy.
Track: Autodromo Nazionale di Monza (road course, 3.6 miles). **Race distance:** 190.8 miles, 53 laps.
Online: http://www.formula1.com

NASCAR SPRINT CUP

FEDERATED AUTO PARTS 400
Site: Richmond, Va.
Track: Richmond International Raceway (oval, 0.75 miles). **Race distance**: 300 miles, 400 laps.
Online: http://www.nascar.com

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	27	15	7	5	34	24	50
New York	26	13	7	7	46	39	46
Chicago	26	13	8	5	35	31	44
Columbus	27	12	9	6	33	32	42
Houston	27	11	7	9	39	33	42
D.C. United	27	12	10	5	43	38	41
Montreal	29	12	14	3	43	46	39
New England	28	7	14	7	35	38	28
Philadelphia	25	7	13	5	25	30	26
Toronto	27	5	16	6	30	48	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	27	16	6	5	56	33	53
Real Salt Lake	28	14	10	4	38	32	46
Seattle	26	12	6	8	41	27	44
Los Angeles	28	13	11	4	48	40	43
Vancouver	28	10	11	7	29	37	37
Dallas	29	8	12	9	34	38	33
Colorado	28	9	17	2	36	41	29
Chivas USA	25	7	11	7	20	39	28
Portland	27	7	14	6	27	46	27

Wednesday's results
New England 2 Columbus 0
Colorado 3 Portland 0
Thursday's games — All Times Eastern
Real Salt Lake at Houston, 8:30 p.m.
Saturday's game
Chivas USA at Seattle, 4 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
x-San Antonio	24	12	5	7	42	21	43
Tampa Bay	24	11	7	6	32	29	39
Puerto Rico	24	10	8	6	28	24	36
Carolina	23	9	7	7	39	41	34
Fort Lauderdale	25	9	9	7	38	42	34
Minnesota	24	7	8	9	28	29	30
Atlanta	24	5	12	7	29	43	22
Edmonton	24	5	12	7	21	28	22

x — clinched playoff berth.
Saturday's games — All Times Eastern
San Antonio at Carolina, 7 p.m.
Puerto Rico at Fort Lauderdale, 7:30 p.m.
Atlanta at Tampa Bay, 7:30 p.m.
Edmonton at Minnesota, 8:30 p.m.

FIFA WOMEN'S UNDER-20 WORLD CUP

Saturday's games — All Times Eastern
At Tokyo
Third Place
Japan vs. Nigeria, 2:30 a.m.
Championship
Germany vs. U.S., 6:20 a.m.

GOLF

RYDER CUP

Rosters for the 2012 Ryder Cup to be played Sept. 28-30 at the Medinah (Ill.) Country Club (c-denotes captain's pick):
UNITED STATES
Captain: Davis Love III
Keegan Bradley, Jason Dufner, c-Jim Furyk, c-Dustin Johnson, Zach Johnson, Matt Kuchar, Phil Mickelson, Webb Simpson, c-Brandt Snedeker, c-Steve Stricker, Bubba Watson, Tiger Woods.
EUROPE
Captain: Jose Maria Olazabal
c-Nicolas Colsaerts, Belgium; Luke Donald, England, Sergio Garcia, Spain; Peter Hanson, Sweden; Martin Kaymer, Germany; Paul Lawrie, Scotland; Graeme McDowell, Northern Ireland; Rory McIlroy, Northern Ireland; Francesco Molinari, Italy; c-Ian Poulter, England; Justin Rose, South Africa; Lee Westwood, England.

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Horoscopes

♈ Aries
March 21 - April 20
It seems you can do no wrong where affairs of the heart are concerned. You are affectionate in the extreme at the moment, but you must be selective. Try not to fall madly in love with everyone!

♉ Taurus
April 21 - May 21
Moderation is a must because if you go too far you will find it hard to stop. By all means have fun but be wary of people who try to persuade you to go places and do things that invite trouble.

♊ Gemini
May 22 - June 21
People you meet while traveling or socializing will be fun and there is even a chance of romance. You are advised though not to take new relationships too seriously. They are unlikely to stand the test of time.

♋ Cancer
June 22 - July 23
You need cheering up a bit and if spending money does it for you then go right ahead. There are worse things in life than splashing out on the occasional luxury, and no one can say you don't deserve it.

♌ Leo
July 24 - Aug. 23
Venus in your sign over the next few weeks will make you more laid back than usual but there is a danger that you could be a bit too casual in your ways. Also, keep personal feelings out of business matters.

♍ Virgo
Aug. 24 - Sept. 23
By all means, help others in need but first make sure that they are genuine and deserving cases. Sadly, some people will feign all sorts of misfortune just to get a few extra bucks. Don't fall for it.

♎ Libra
Sept. 24 - Oct. 23
You will go out of your way to avoid confrontation today, which is good, but don't give so much that others come to expect it of you. Yes, it is possible to be too nice.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to be suspicious if someone in a position of authority suddenly seems to think you are the best thing since sliced bread. It's possible they are after something but more likely they genuinely appreciate you.

♐ Sagittarius
Nov. 23 - Dec. 21
This should be a productive day for you but don't try too hard or you might strain something. Good things will come your way whether or not you make much of an effort, so sit back and let it happen.

♑ Capricorn
Dec. 22 - Jan. 20
If you need to discuss matters related to your wealth, such as investments or property, this is as good a day as any. Know what you want but be prepared to compromise too. Everyone can be a winner.

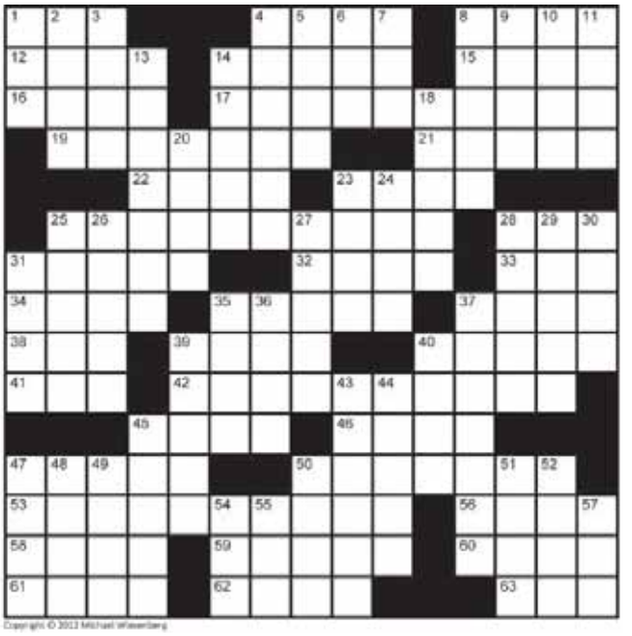
♒ Aquarius
Jan. 21 - Feb. 19
Venus moves into your opposite sign of Leo today, making you more open and affectionate than usual. Any relationship problems you've been having can easily be resolved. All it requires is a bit of give and take.

♓ Pisces
Feb. 20 - March 20
Wishful thinking may be fun but it does not pay the bills. Two things are needed now: a clear goal and a realistic idea of how you are going to get from where you are to where you want to be.

SALLY BROMPTON

Crossword: A PM, Distance, and Two Flora

BY MICHAEL WIESENBERG



Across
1. Big ___: large truck
4. Drink in one gulp
8. Apple attachment
12. "___ I care" (2 wds.)
14. Scarlett ___
15. Skin opening
16. Lima's land
17. 21st PM (2003-2006) (2 wds.)
19. Author of a mournful poem lamenting the dead
21. Vancouver CFL Team
22. Boor
23. Ship's jail
25. Trans-Canada Highway distances
28. "I ___ You, Babe": Sonny and Cher hit
31. Hereditary units
32. Chair or bench
33. "Mais, ___!"
34. Praise
35. Pick ___: draw from the deck (magician's instruction) (2 wds)
37. Either point of a crescent moon
38. Corn, form, or cycle prefix
39. At some distance
40. Hudson's Bay Company's early stock
41. Ancient Egyptian boy king
42. Prominent Prairie Provinces feature
45. Long, long time
46. "___ That a Shame"
47. "I Can't ___ Satisfaction": Rolling Stones (2 wds.)
50. Neither animal nor vegetable
53. BC's wooded tropical region (2 wds.)
56. Grandson of Adam who reputedly lived to 905
58. ___ of Man or Capri
59. Leonard ___: *Star Trek* Spock portrayer
60. Comedy sketch
61. Head: Fr.
62. Black
63. Donkey

Down
1. Eminem's forte
2. "Understood!" (2 wds.)
3. Young female
4. Pure and virtuous
5. High: Fr.
6. http://www.metronews.ca, e.g.
7. Attractive leg, slangily
8. Bit of mistletoe or holly
9. Dorothy's dog
10. ___ go bragh
11. ___ room: loo
13. Gassed up
14. Drug from poppies
18. Like top-name celebrities (2 wds.)
20. Sticky substances
23. Uncle Remus character ___ Rabbit
24. Peruse
25. Canadian star Reeves
26. Yukon natives
27. Bygone Russian despots
28. Elliott of *Ocean's 11, 12, 13*
29. Boots from office
30. Restaurant table leavings
31. Surfeit
35. Bushy hairdo
36. *The Godfather* actor James
37. Shopping ___: malls
39. ___ Aquarius, Innocence, or Reason (2 wds.)
40. Window unit
43. Printemps, par exemple
44. Covered with tiny cloth fibers
45. Year: Fr.
47. Canadian Liberal
48. Let up on
49. Full ___: at top speed
50. Short note
51. Ottawa-born singer-composer Paul
52. ___ & *Clark*: American television series based on the Superman comic books
54. Single
55. Adam's ___: Eve's "source"
57. Yonge in Toronto and Main in Winnipeg: abbr.

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	3	9		4		1		
2								7
6		5		8				
9		2	4			6		
	8						1	
		6			7	8		2
				6		3		1
5								8
		4		9		5	7	

Yesterday's Sudoku

Weather

TODAY	FRIDAY	SATURDAY
MAX: 17° MIN: 8°	MAX: 22° MIN: 7°	MAX: 29° MIN: 13°

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